YOUR MENTAL ATTITUDE

Text: Philippians 4:6-9

1) Negative Thoughts Can Produce Negative Emotions

People who commit suicide are overwhelmed by their own negative thoughts. (Jonah 4:1-3 - Jonah)

2) Negative Thoughts Can Drain One’s Energy And Goals In Life

A lack of energy and desire to pursue dreams will often be affected when negative thoughts control one’s mind. (I Kings 10:4 - Elijah)

3) Negative Thoughts Can Cause Isolation From Others And Self

Who wants to be around a negative person? Not many people will. Negativity will separate family, friends, employees and employers. (Colossians 4:6 / Ephesians 4:29-32)

Negative Thoughts Can Cause Physical Symptoms And Sometimes Hinder One’s Healing

A good mental attitude will help the physical body perform better. That is scriptural. (Proverbs 17:22) (II Kings 5:26 & 27 - Gehazi)

Note! Proverbs 18:21 - “Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof.” Matthew 12:34 - “…for out of the abundance of the heart the mouth speaketh.”

Your thoughts will eventually come out of your mouth, unless YOU take control of your thoughts by the power and Person of the Holy Spirit, through meditating on the Word of God daily.

5) Negative Thoughts Grieve The Holy Spirit

The Holy Spirit IS a Person with emotions, who is saddened by our lack of faith, ungratefulness & complaining. Other sins, especially sexual sins, can grieve the Holy Spirit. (Judges 16:17;20 - Samson / II Samuel chapter 11; especially vs.#27 - King David & Bathsheba / Genesis 18:20 & 21; Genesis 19:4-7; 13 - The story of Sodom & Gomorrah’s Destruction)
HOW TO OVERCOME NEGATIVE THOUGHTS:

1) THINK POSITIVE (Phil. 4:4;8)
2) THINK ON YOUR GOALS (Phil.3:13 & 14)
3) THINK ABOUT OTHERS (Phil. 3:7 & 8 / Phil. 2:3 & 4)
4) THINK HEALTHY (Phil. 4:13)
5) THINK LOVE (Phil. 1:8 - 10)
6) THINK ON KEEPING BUSY! (I Cor. 15:58 / Col.3: 17 & 23)

Closing Remarks - By surrounding yourself with positive influences and atmospheres (whenever possible), will help your mental outlook as well. Do not choose friends that are negative. You must also be your own cheerleader sometimes. Keep in mind, when you change your attitude, not everyone will applaud you. Some will resent it. Some may become jealous. Some people actually LIKE the attention they receive from others, when they complain or make a big deal over a small matter in life. There are people like that.
Keep that in mind and avoid a close relationship with those of that nature. (I Samuel 30:6 - “…for the people spake of stoning him (David) because the soul of all the people was grieved, every man for his sons and for his daughters: BUT DAVID ENCOURAGED HIMSELF IN THE LORD HIS GOD.”

THAT, my friend, is what you and I need to do everytime our mental attitude needs an adjustment from negative to positive. We need to encourage ourselves in the Lord…..even through the tears, the disappointments and sorrow. GOD IS GOD and He will fight for us (Exodus 14:14), if we just hold our peace and not let go! (John 14:27)

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