



LESSON 4 // UPGRADE YOUR ATTITUDES

Big Idea: Your attitudes express what you are thinking. To change your mind, you must understand and address your attitudes.

Attitudes have consequences. The good news is that you can adjust unhealthy attitudes and improve good ones, but these adjustments take practice. To upgrade our attitudes, we must choose to practice gratitude, confidence, trust, courage, love and humility. We need to be positive, choose hope, joy and peace, and choose to look forward rather than to the past. It's also vital that we pursue mental discipline, contentment and an abundance mindset so that our attitudes are godly and healthy.

Philippians 4:11-13 (NIV) *I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.*

Start Talking:

Would people say that you generally have a positive attitude or a negative one? Why do you think this is the case?

Start Thinking:

Read Luke 6:45. In what ways can you “store up” good in your heart, as Jesus describes in this verse? What impact can that have on your attitudes?

Read Proverbs 18:21. How does a bad attitude affect what you say to others? What can you do to avoid this and instead speak words that bring life to others?

Read Proverbs 9:9 and 15:32. Why is it so important to be teachable? How does this help you adjust your attitudes in a healthy way?

Read Philippians 4:8-19. What do you learn from these verses about the value of thinking in a godly way that finds peace, joy and contentment in the Lord?

Start Praying:

Pray for the Lord to give you wisdom, conviction and courage to address and adjust your attitudes in a godly way.

Start Doing:

Take an inventory of your attitudes this week. Write down each day a summary of good or bad expressions of your attitudes in what you said or did. Note where you need to upgrade attitudes and the practical step you need to take to do this (for instance, memorizing Philippians 4:8 and using this as a checklist to help you think in a godly way that day). Believe that God will help you to adjust your attitudes!