

# Turning A Negative Attitude Into A God-Glorifying Positive Attitude



As Christians, God in His Word sets a very high standard for us, which is to be Christ-like. Though none of us can achieve total perfection and total non-stop Christ-likeness in our lives, there are many things we can do to improve our walk with the Lord, starting with developing life-long habits that will better enable us to have a positive, heaven-minded attitude, an attitude the lets the unsaved notice a positive difference between us as the people of God, and them as the people of the world.

In order to un-learn NEGATIVE attitudes and habits, one has to replace them with POSITIVE attitudes and habits. I think this Bible passage relates to this **replacement** concept, at least to some degree:

*“When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished. Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first.” Matthew 12:43-45*

There are a lot of things in our lives that affect us humans, affect how we feel and how we relate to other people. Some suggestions – that from my own experience can help develop a positive frame of mind – are listed here: Getting outside and walking around in fresh air and sunshine is very simple to do, yet very therapeutic. It does not mean you have to go out to a park or some nature trail, but those are nice, soul-soothing activities too. Enjoying God’s handiwork in nature and in the world around us can be such a positive uplifting experience.

Pets can be therapeutic for many people but that might not be practical for everyone, although there are some pets that are fairly low maintenance. For those who are elderly and living alone, a low maintenance (and low-energy) pet is the only kind I would recommend.

Going on simple frequent dates with your spouse can be very therapeutic and can act as a “team building” exercise and a communication boosting event by getting you away from everyday distractions at home so that you can better focus on each other.

A healthy diet is helpful to our mental and physical well being. There are some

foods, drinks and supplements that affect our mood in a good way and some in a bad way. Melatonin supplements can help with sleeping, as can chamomile tea. Drinks containing lots of caffeine can cause some people stress. Overeating is never a help. Substituting water OR some kinds of activities other than eating is helpful. Staying fit and losing weight if we need to is a help.

Focusing on people's flaws is not helpful for our relationships. Focusing on the blessings we receive from God through others IS very helpful. But the real benefit is not just on focusing on the blessings we receive, but by using words and acts of kindness to SHOW others that we recognize and appreciate the blessings they are in our lives. Encouraging others is helpful, helpful to our relationships and helpful to us, to get us INTO the habit of thinking better of others and OUT of the habit of looking for faults in others. It also is a BIG help to be seen as an encourager - WHEN THE TIME COMES to point out areas of disagreement you have with others.

We may have very good discernment on various issues, discernment regarding issues where those around us may lack discernment. But knowing when and how to use that discernment is something we may still have trouble regulating. Constantly trying to get people to see things our way - in our time instead of in God's time - may not be helpful in our relationships and will not only frustrate us, but those who we are trying to get to see things our way. Some Christians seem to have trouble being at peace with other Christians who don't agree with them on certain things. Should our own personal peace be dependent on others agreeing with us on doctrine?

Setting aside time to pray and study the Bible (every day if possible) is always helpful - helpful to get us focused on God and on HIS priorities in life, for each day of our life. As a husband and father or as a wife and mother, this is an activity that is good to do as a family as well as on our own.

Involvement in a local church, and mid-week bible study groups and one-on-one meetings with other Christians is helpful too, very helpful. Fellowship is one of the primary focuses of the local church, else how can we obey this command: "Bear ye one another's burdens, and so fulfil the law of Christ."? [Galatians 6:2]

Here is a good Bible verse to meditate on regarding the goal of having a positive God-glorifying attitude:

*"For the Lord God will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed." Isaiah 50:7*

What we can gain from this verse is that with God's help, and with our attitude strongly focused on glorifying God to those around us, we can truly succeed, and not be confounded nor ashamed in our efforts to be Christ-like.

I hope this information can be of help to you or perhaps to someone you know.

Take care and God bless.

*RM Kane*

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