

Positive Mental Attitude

What is a positive mental attitude?

What it is NOT

- It's not telling yourself something that is untrue.
- It's not denying reality.
- It's not pretending to be something or someone else.
- It's not relying on our own mental strength, without faith in God.



Could we really do this just by thinking positively?

God helps those who helps themselves.

Is this true? **NO**

- Our society is driven by a need to perform and achieve.
- God is not interested in performance.
- He wants to help ALL who reach out to Him and ask Him for help.
- If we feel that we are in a 'hole', we do not have to get ourselves out of the hole on our own. Ask God for help.

Humanist Philosophy

- Humanism is a philosophy that is based purely on human effort.
- The motto is “Good without God”.
- Positive Thinking, from a humanist point of view, is based on personal selfish gain.
- **Phillipians 3:2-4** says, Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Positive Thinking from a Biblical Perspective

- There is no ‘magic power’ in positive thinking.
- But there are statements in the Bible that encourage us to think positively rather than negatively.
- We can think positively because of our FAITH in God.
- Read **Psalm 18:29-36**
- How do we leap over the wall?
- **Philippians 4:13** I can do all this through him who gives me strength.



How do we change our thinking?

- If you change your thinking, you can change your life.
- **Proverbs 23:7** – For as he thinks in his heart, so he is.

Good thinking can –

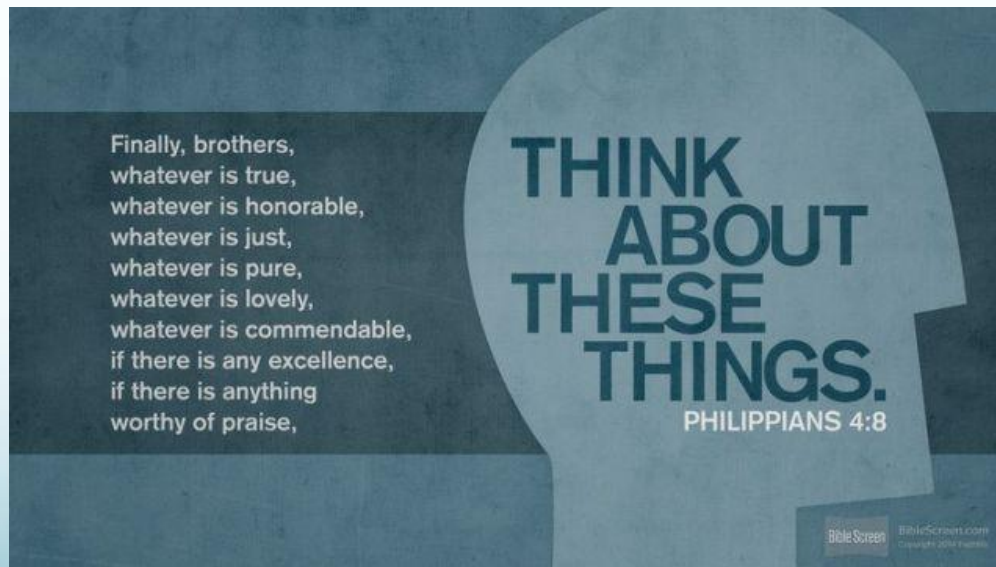
- create new opportunities
- solve problems
- lift your sense of happiness

Renewing of the mind

- The Bible tells us to be transformed by the renewing of our mind - **Romans 12:2**
- This is an instruction to do something – to take charge of our minds so that our thoughts will start to line up with God’s way of thinking.
- Put aside old patterns from the past – the influences of the media, the internet, the world.
- The Bible tells us to set our hearts and minds on things above - **Colossians 3:1-2**
- Ask God to help you think differently.

6 things to focus on

- **Philippians 4:8** – Finally, brethren, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is of good report ... think on these things.



Whatever is true

- If it's not true, it's false.
- Jesus **IS** truth. Read **John 14:6**
- His Word is truth. Read **Psalm 33:4**
- Whenever we believe a lie, Satan takes control of our thinking.

What are some popular lies currently believed by many today?

Whatever is honourable

- Honourable means ‘worthy of honour; worthy of respect’.
- When our mind is set on Jesus, our conscience will tell us what is honourable.
- The values of the modern world are degrading.
- There is a battle going on in the world – good versus evil.

Whatever is just

- Just means fair; or consistent with what is morally right.
- How do we know what is fair?
- How do we know what is morally right?
- There are no double standards.
- Moral laws are fixed.
- The 10 Commandments are a basis for moral law.
- The words of Jesus tell us what is right and wrong.

What are the Ten Commandments?

Do you know some of them?

Which of the Ten Commandments does the law of our country respect?

See Exodus 20:1-17

Whatever is pure

- More than just sexual purity...
- purity in all morals - in our thoughts, words, and actions
- **Ephesians 1:4** For he chose us ... before the creation of the world, to be holy and blameless in his sight.

Whatever is lovely

- ‘Lovely’ in this case refers to our conduct... conduct that is friendly, agreeable, good-natured, gracious, or pleasing.
- Our minds are to dwell on things that are lovely or pleasing to God.
- When our thoughts are focused on what is lovely, our actions towards others will be kind and gracious.

Whatever is of good report

- If you are given a good report, you are commended for excellence.
- God wants us to think about things that are EXCELLENT... things that are morally respectable.
- Thinking the best of others, rather than dwelling on their failures, is an excellent way to think.

We can choose our thoughts.

- Our minds are a gift from the Lord to be protected. If we love God, we are able to choose thoughts that please and honour Him.
- **Philippians 4:9** says: “Put it into practice. Then the God of peace will be with you.”
- If you want to change your life, the first step is to change how you think.

Discussion

Have you ever felt under pressure to ‘perform’?

How did this make you feel?

What’s the best way to achieve a goal?

What are some examples of positive thoughts that the Bible tells us to focus on?