

# *Positive Mental Attitude*

Words matter

# Words we speak about ourselves

- What do we silently tell ourselves about ourselves?

Maybe words like –

- “I can’t do it, so I may as well give up.”
- “What’s the point?”
- “I can’t do anything about it.”
- “I don’t have any abilities.”
- “I’ve been treated unfairly.”

# Life is unfair

- We are all born into an imperfect world.
- We are in a battlefield, surrounded by sin, sickness, and sadness.
- Not because God intended that to be the way, but human beings choose to ignore God and do their own thing. They choose to invent their own moral standards.
- Sickness and physical infirmity came into the world through the sin of the first human beings, Adam and Eve.

# God's way out

- The only hope for the human race is to turn back to God.
- God sent His Son Jesus, to take our sin upon Himself on the cross, and let us go free, so we can be one with God.
- Sickness still exists, but we can pray for healing, or for strength to get through it.
- Death is the only thing in life that's for sure, but to be a follower of Jesus means that we have a home in Heaven waiting for us.

# Words spoken over us

- Words spoken over us, maybe as a child, can have a life-long impact.
- What if you were told as a child that you are hopeless, ugly or stupid?
- Hear it enough times and you start to believe it.
- We can change these words.

# How to change negative words

Sometimes it may feel easier to stay the way we are...

- easier not to try for a better job, because we were told we couldn't make it anyway.
- easier to numb our brain to any hope of a future.

BUT

- If we choose to move out of our comfort zone and try new things we can move to where we want to go.



**BLADE RUNNER:** Oscar Pistorius,



# Be a goal setter, be a dreamer.

- God has given ALL of us gifts and talents.
- Find out what they are and set some goals for yourself.
- Ask God to show you what goals are realistic for you. These goals will be the most fulfilling, and He will help you to get there.
- This is far better than trying to get there on your own.

# Pain

- Trying new things may bring pain.
- We may fail at first, but we need to keep on trying.

“When at first you don’t succeed, try, try, try again.”

- Pain causes growth. It is part of our training to become the person God wants us to be.

**Psalm 37:23-24** The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.

# How to overcome negative words

Be conscious of your own negative words and find substitute words. EXAMPLES

## **Words of anger**

When you are angry with someone, find a way to express your reaction with other words, such as:

“That’s interesting.” “Can you believe it?”

Taking God’s name in vain these days seems to be a part of many people’s every day language...

# God's name in vain

If someone stubs their toe or drops something on their foot they could say “Budda” but they don’t.

Instead, they say “God!” or “Jesus!” and of course they don’t really mean that they are calling on God or Jesus.

What does that tell us about WHO God is? (The Most High God, above all other gods, so important that people recognize Him as that, and want to bring down His name.)

How about words like: “Struth!” (God’s truth”) or “Bloody” (Christ’s blood.)

# Negative words towards others

- If someone tells you something negative about someone, don't agree with them straight away and pass it on.
- If you know the person has some good traits you could say, "That's not like *Joni*."
- Don't share another person's "dirty washing" in public, or pass it on to others. That's called 'gossip'.

# What if someone tells you that you are in the wrong?

- Examine the situation truthfully.
- Self-defence is a common reaction.
- If you are falsely accused, take it to God.
- But if there's any truth in the accusation, act with humility and say, "I'm sorry." or "I was wrong and you were right."

**1 Peter 5:6** Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

# Reflection

Think about times in the past when negative words might have been spoken over you ... words that may have had a lasting effect on you.

Think about negative words you may have spoken over yourself, (not necessarily out loud), and the impact this has had on you.

Think about negative words that you may have spoken over others, and the impact.

Write a short reflection or pray with someone if you need to take anything to God.