

**New Year ... New Attitude**  
**Philippians 4: 8**

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1. It's "Today," and my job is to choose what kind of day it will be.
2. Some of us walked in here this morning carrying a load of circumstances that seem almost too much to bear.
  - a. A good way to define "attitude" is, "how I react to what happens to me."
  - b. Attitude is often the difference between seeing life as terrible or wonderful.
3. So, how would you describe your attitude these days? Good? Bad? Middle of the road?
  - a. When life is going smoothly, almost everyone has a good attitude.

I. The Truth About Circumstances. **James 1: 2-4**

- A The first truth is that negative circumstances are part of life.
  1. Many people believe that somehow they ought to be exempt from pain and difficulty that comes from living in a fallen world.
- B The second truth is that "good" circumstances do not guarantee happiness.
  1. Again, people fall into the trap of believing the grass is greener on the other side of the fence. "If only I had \_\_\_\_\_."

II. Principles of Attitude Formation. **Mark 7: 20-23**

- A Principle #1: What is in me determines what comes out of me.
  1. Jesus once applied this principle to people. **(Mark 7: 20-23)**
  2. Jesus is saying that our behavior is the result of what is already in our heart.
- B Principle #2: I choose what goes in me.
  1. When it comes to attitude, we all make our own lunch.
  2. Jesus once said ... "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness."  
**(Matthew 6:22-23a)**
- C Principle #3: I choose my attitude and am solely responsible for it.
  1. If my attitude is positive, it is a reflection of what I chose to put in my mind. If it's negative, it's a reflection of negative stuff that I have allowed to enter in me.

III. Developing a Good Attitude. **Philippians 4: 8**

- A First of all, we have to clean up the junk that fills our hearts and minds.
  1. "... let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God." **2 Corinthians 7:1**
- B Second, to have a good attitude we must train our attitude.
  1. People say "I'm trying to have a good attitude, but I can't do it."
  2. The Apostle Paul prescribes the first of two key attitude-training disciplines when he writes ... Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.  
**Philippians 4:8**
  3. The second attitude-training discipline is, fill your life with the right people.
  4. Attitude is a matter of training - not trying.