

## Transformed

### Romans 12:1–2 (NKJV)

**12** I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.* <sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

*Conformed:* to fit into a fixed pattern

Paul wants believers to know He doesn't think its acceptable for them to fit into the worlds pattern

- This pattern isn't God's pattern

God created all things in the world "good;" however, Satan has polluted the world through sin

- God wants us to act better, above the worlds standards
- He wants us to be transformed

*Transformed:* "metamorphosis"

- A metamorphosis is a complete change
- When a caterpillar enters a cocoon and emerges a butterfly, it undergoes a metamorphosis
- Those two stages of life represent both a complete end and a new beginning

We are transformed by the renewing of our minds

- The mind is the part of our soul that activates or originates behavior
- By renewing our minds, we can know and do *God's good, perfect, and acceptable will*

Understanding God's will for our life is the key element of spiritual maturity

## **You Can Change your Attitude**

- Changing your attitude is the precursor to changing your mind about anything
- A change in attitude may have the greatest single effect on your behavior and successes in life

## **5 Truths About Attitudes**

### **You Choose Your Attitudes**

Viktor Frankl – Nazi concentration camp survivor

- His wife, parents, and brother perished
- Only him and his sister survived

He made a choice to forgive and never to hate the Nazi soldiers or civilians who had given up their Jewish neighbors

- His life has become a monument to the human spirit amid suffering

## Attitudes Are Not Caused by People or Circumstances

### Happiness is a Chosen Attitude

The devil will always tell you that you can **find** happiness

- He will tell you that you can travel to it
- He will tell you that you consume it or wear it

Truth: *“If you don’t have happiness right now, then you will also not have it when those things come”*

### Philippians 4:12–13 (NKJV)

<sup>12</sup>I know how to be abased, and I know how to abound. Everywhere and in all things, I have learned both to be full and to be hungry, both to abound and to suffer need. <sup>13</sup>I can do all things through Christ who strengthens me.

Through a spiritual transformation you can begin to live every moment with gratitude to God

- It is an attitude
- It is a choice

You can be as miserable as you want to be, or you can be as happy as you choose to be

## God Rewards Good Attitudes and Disciplines Bad Ones

James 4:6, 10 (NKJV)

<sup>6</sup> But He gives more grace. Therefore He says: “*God resists the proud, But gives grace to the humble.*”

<sup>10</sup> Humble yourselves in the sight of the Lord, and He will lift you up.

- Is pride an attitude?
  - Of course, it is!
- We can choose to be prideful or to be humble

When we are prideful we are saying that our circumstance is greater (*truer*) than God's promises to us

- In other words, we know better
- When we are prideful we are resisting God
- God still loves us when we are proud, but He will discipline and correct us

Sometimes all God is waiting for is a change in attitude so that He can bless us and give us the things we desire

- As a Father, God will discipline us
- He does this because He loves us
- Everything God does in our lives is for our good
- Discipline is a mark of sonship

## Hebrews 12:7–13 (NKJV)

<sup>7</sup> If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? <sup>8</sup> But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. <sup>9</sup> Furthermore, we have had human fathers who corrected *us*, and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live? <sup>10</sup> For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, that *we* may be partakers of His holiness. <sup>11</sup> Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. <sup>12</sup> Therefore strengthen the hands which hang down, and the feeble knees, <sup>13</sup> and make straight paths for your feet, so that what is lame may not be *dislocated*, but rather be healed.

- He is disciplining attitudes
- Remember attitude can affect our posture or body position
  - “*Strengthen the hands that hang down*”
- God deals with us as children – *Zander: “Time Out”*
- You know discipline is over when you have learned your lesson
- God wants us to recognize what attitude and bad behavior can lead to
- God wants us to grow up and act like Him

He wants us to be responsible, mature people, so that we can live victorious lives

## Attitudes Precede and Predict Your Future

Good attitudes lead to success, favor and promotion

Bad attitudes predict a future of failure, disfavor, and demotion

- Your attitude affects your altitude
- When you are going through difficulties don't trust your emotions or someone else's opinions

God's word is your attitude indicator

- When you are experiencing bad times and can't see clear, turn your eyes to the word of God
- It will predict whether you get out of your situation or not
- It will help you pick the right attitude rather than the wrong one

Psalm 42:11 (NKJV)

<sup>11</sup> Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Abraham Lincoln:

If you want to learn about somebody who didn't quit, look no further. Born into poverty, Lincoln was faced with defeat throughout his life.

He could have quit many times – but he didn't and because he didn't quit, he became one of the greatest presidents in the history of our country.

- 1816: His family was forced out of their home. He had to work to support them.
- 1818: His mother died.
- 1831: Failed in business.
- 1832: Ran for state legislature – lost.
- 1832: Also lost his job – wanted to go to law school but couldn't get in.
- 1833: Borrowed some money from a friend to begin a business and by the end of the year he was bankrupt. He spent the next 17 years of his life paying off this debt.
- 1834: Ran for state legislature again – won.
- 1835: Was engaged to be married, sweetheart died, and his heart was broken.
- 1836: Had a total nervous breakdown and was in bed for six months.
- 1838: Sought to become speaker of the state legislature – defeated.
- 1840: Sought to become elector – defeated.
- 1843: Ran for Congress – lost.
- 1846: Ran for Congress again – this time he won – went to Washington and did a good job.
- 1848: Ran for re-election to Congress – lost.
- 1849 Sought the job of land officer in his home state – rejected.
- 1854: Ran for Senate of the United States – lost.
- 1856: Sought the Vice-Presidential nomination at his party's national convention – got less than 100 votes.
- 1858: Ran for U.S. Senate again – again he lost.
- 1860: Elected president of the United States.

## 2 Corinthians 4:17 (NKJV)

<sup>17</sup> For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory,

- We often hear that attitude is more important than aptitude for success in life
- Even if other people have more gifting, talent, intellect, or beauty, you can succeed over them with attitude
- 2 Corinthians 4:1 NLT – We never give up

Quote: “*a smooth sea never made a skilled sailor*”

- It’s during the most difficult times we learn the most
- Its during those times that choosing the right attitude is most important

## 7 Attitude Killers

### False Expectations

- False (or wrong) expectations will destroy your attitude
- You may expect everyone to treat you well
- You may expect your life will always be easy
- Neither are true

### Comparing Up

- Its dangerous to compare yourself to other people
- Don’t look at other peoples lives and say, “*I wish my life was like theirs.*”
  - Don’t compare with others – 2 Corinthians 10:12
- It will kill your attitude



## Entitlement

- If you think, “*Everybody owes me.*”
- Take your thoughts captive and get over it!
- Nobody owes you anything

## Negativity

- Building up your faith will remove negativity
- Start to see things from God’s perspective

## Romans 8:31 (NKJV)

<sup>31</sup> What then shall we say to these things? If God *is* for us, who *can be* against us?

## Pride

## Proverbs 16:18 (NKJV)

<sup>18</sup> Pride *goes* before destruction, And a haughty spirit before a fall.

## James 4:6 (NKJV)

<sup>6</sup> But He gives more grace. Therefore, He says: “*God resists the proud, But gives grace to the humble.*”

## Bitterness

- God values forgiveness above almost all other values

## Colossians 3:13 (NKJV)

<sup>13</sup> bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*.

## Self-pity

- This may be the most dangerous of all attitude killers
- When we feel sorry for ourselves our focus is inward
- This leaves no room for the Holy Spirit's power
- Your boyfriend or girlfriend didn't call
- Your boss got mad at you
- You're having trouble with the bills

Consider this story:

Jerry Long became paralyzed from the neck down in a diving accident

- He became a quadriplegic at the age of 17
- Jerry learned to use his mouth stick to type and an intercom to communicate
- He became a close friend and colleague of Viktor Frankl
- Like Frankl he didn't allow difficult circumstances to dictate his future
- Earned a Doctorate in Clinical Psychology
- He shared the following memory about Frankl after his passing

*Once, after speaking to a large audience, I was asked if I ever felt sad because I could no longer walk. I replied, "Professor Frankl can hardly see, I cannot walk at all, and many of you can hardly cope with life. What is crucial to remember is this—we don't need just our eyes, just our legs, or just our minds. All we need are the wings of our souls and together we can fly."*

## **7 Attitude Builders**

### **Gratitude**

- Being thankful for what you have, gives you a head start
- Gratitude builds a good attitude

### **Faith**

- You can draw on the Lord's strength
- Your faith in Him is critical to your attitude

### **Humility**

- Humility is your ability to see yourself in light of who God is
- It gives you God's perspective

### **Graciousness**

- Graciousness means you treat others better than they deserve
- The Golden Rule – **Matthew 7:12**

### **Respect**

- Respect is the un-earned esteem you give to others

### **Servanthood**

- Don't live for others to serve you, live to serve them  
– **Matthew 23:11**

### **Contentment**

- Be content with what you have – **Hebrews 13:5, 6**