

Thoughts on the attitude of the heart in light of change

Attitude can be defined as the mental state relative to what we believe.

Therefore:

- Our attitude is an indicator of what is going on inside of us
- Our attitude is important as people and as Christ followers because there is not an area that is not affected by it.
- If you want to know what you really believe, observe your attitude and behaviors that happen the most consistently through good and bad situations.

Proverbs 23:7 King James Version (KJV) For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. Your attitude reveals the real you

Proverbs 23:7 Amplified Bible (AMP) For as he thinks in his heart, so is he [in behavior—one who manipulates]. He says to you, “Eat and drink,” Yet his heart is not with you [but it is begrudging the cost].

#### 1. Your attitude reveals the real you

Jesus said, the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person. (Matthew 15:17-20)

“Whatever is inside of you is what comes out of you. What comes out of you is who you are.”

#### 2. Your attitude always affects others

“Our every interaction is either breathing life or causing death. There is no such thing as a neutral interaction.”

To have the mind (or attitude) of Christ, we must let the Holy Spirit do the deep change in our hearts. Our behavior and attitude will always flow from what we truly believe and value.

In your relationships with one another, have the same mindset as Christ Jesus (PHI 2:5)

There are times when we need to change:

- What we say
- Our perspective on the situation or circumstance
- Who we associate with

Set aside time with you and the Lord. Let Him speak to your heart and your attitude. Let God do what only God can do in your life and in the lives’ others to deep change to your heart that will overflow into every part of your life.

**Sermon Discussion Questions**  
**June 2nd, 2019**  
**Compelled Church, Mandie Reinhart**

Ice breaker: Think of a time recently or far back when a different attitude could have potentially changed the outcome of the situation positively or negatively. Discuss.

Pastor Mandie said that your attitude is an indicator of what is going on inside of us. Do you agree with this statement or disagree? Why?

How does our attitude affect those around us?

As Christ followers, how can our attitude be used to show the love of Christ but also be a testimony to what we believe?

Pastor Mandie defined attitude as a mental state relative to what we believe. What are some other ways you can define attitude?

Read proverbs 23:7 in (KJV and AMP) together:

(KJV) "For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.)"

(AMP) For as he thinks in his heart, so is he [in behavior—one who manipulates]. He says to you, "Eat and drink," Yet his heart is not with you [but it is begrudging the cost]

Discuss what this verse is saying.

In what ways does your attitude reveal the real you?

Read Matthew 15:17-20 (NIV)

17 "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? 18 But the things that come out of a person's mouth come from the heart, and these defile them. 19 For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what defile a person; but eating with unwashed hands does not defile them."

Discuss what Jesus is saying in these verses.

Pastor Mandie said "Whatever is inside of you is what comes out of you. What comes out of you is who you are." Do you agree or disagree with this statement? Why or why not?

Our every interaction is either breathing life or causing death. There is no such thing as a neutral interaction with people. Discuss together practical ways in your everyday life where this could apply (i.e. spouse, stranger, hair stylist, mechanic, etc)

We sometimes need to change what we say, our perspective, and who we associate with in order for our values to shift. What challenges can you foresee in doing this?

In your relationships with one another, have the same mindset as Christ Jesus (PHI 2:5) Discuss this verse in light of changing our attitude