

Developing a Winning Attitude for 2006

Week 1 – Laying the Groundwork

January, 22, 2006

Guard your heart above all else, for it determines the course of your life.

Proverbs chapter 4 verse 23 (483)

- ♥ Here, heart refers to “the center of your being” and includes your mind, intellect & emotions
- ♥ God tells me that I need to “guard” my heart. This is active, requires on-going attention
- ♥ According to God, my “heart” determines the course or literally “the boundaries” of my life
- ♥ That’s why I need to take so much care in protecting my mind, intellect & emotions

Heart Check...

- ♥ Am I living with an awareness that I need to “guard” my heart from negative and destructive people, practices & entertainment?
- ♥ Am I living with the awareness that I need to fill my heart with positive people, practices & entertainment?
- ♥ There is an absolute and direct correlation between what I “feed” my heart and my attitude or outlook in life!

- Each heart knows its own bitterness (trouble)... Proverbs chapter 14 verse 10 (490)

- Laughter can conceal a heavy heart.... Proverbs chapter 14 verse 13 (490)

- A glad heart makes a happy face; a broken heart crushes the spirit.

Proverbs chapter 15 verse 13 (491)

- ♥ Each of us has the ability to know the real condition that our “hearts” (attitude, mind) are in
- ♥ When our “hearts” are not doing well, at best, we can distract ourselves or momentarily conceal the pain / hurt
- ♥ No where does the Bible say that we have the ability to remove this pain / hurt
- ♥ A chronically broken heart will break my spirit

Heart Check...

- ♥ How honest am I in evaluating the real condition of my “heart?”
- ♥ What are the methods I use to try to mask the pain / disappointment in my life?
- ♥ What damage are these methods causing me or those I love?
- ♥ How long has my “heart” been broken / my attitude been bad?
- ♥ What damage has this already done to my spirit?

Hope deferred makes the heart sick.... Proverbs chapter 13 verse 12 (489)

- ♥ Hope is expectation
- ♥ What I put my expectation in has the ability to disappoint and thus make me weak / frail (sick)
- ♥ When I choose to trust in people or other stuff, I hurt myself & my outlook in life

Heart Check...

- ♥ How “sick” is my heart (my attitude) because I’ve placed my expectations in the all the wrong people or places?
- ♥ Right now, what am I hoping in / trusting in for my happiness?
- ♥ Overall, has my strategy worked in my favor or not?
- ♥ Overall, how much room does my strategy have for improvement?

As a face is reflected in water, so the heart reflects the real person.

Proverbs chapter 27 verse 19 (501)

The human heart is the most deceitful of all things, and desperately wicked.

Who really knows how bad it is? Jeremiah chapter 17 verse 9 (587)

People may be right in their own eyes, but the Lord examines their heart.

Proverbs chapter 21 verse 2 (495)

- ♥ Each of us known by our “heart”...that’s the real us!
- ♥ God alone has the ability to see our hearts, and he calls us all “deceitful” & “wicked”
- ♥ Many of us go thru life thinking we are “OK,” but God has the ability to look at the real us...our heart!

God said, “I will sprinkle clean water on you, and you will be clean. Your filth will be washed away.... And I will give you a new heart with new and right desires, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees....

Ezekiel chapter 36 verses 25 - 27 (655)

Jesus said, “I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.”

John chapter 14 verse 27 (824)

☞ winning attitude begins with a God-given heart change!!

Next Week: Making the choices that allow for a winning attitude!