

Influence Ministries

FRESH AIR

LESSON 4

TITLE: ATTITUDE ADJUSTMENT

Hey everybody, welcome back to our study of fresh air.

If there's one area in your life, I could make a difference and bring fresh air, I would have to say would be our attitudes.

When you're around people with a great attitude, it's like a breath of fresh air.

They are so encouraging, and they can light up a room no matter how dark it is.

You can have a bad day, just make sure the bad days don't have you.

Those bad days are tempered by your attitude. You make them better or you make them worse.

You can have a fresh air attitude, and that's very contagious. You breathe life and light in other people's lives.

It's in the law of sowing and reaping, people will bring fresh air into your life as well.

How many fresh air kinds of people do you have in your life? What's the percentage of people bringing fresh air to your life, and what's the percentage of you bringing fresh air to other lives?

If we're going to experience fresh air with this attitude it's something we're going to have to be intentional on.

My experience working with people most attitudes digress on their own, they don't naturally get better by themselves.

Is it just a personality for a few people or can something happened on the inside of us, and the fresh air of God Spirit begins to change who we are and who we want to be.

I say yes, God can make us a breath of fresh air to others.

One reason people enjoyed being around Jesus because he gave them breath, life, energy, peace, joy.

That's actually what he came to do, restore fresh air into our lives. John 10:10 says he came to give us life more abundantly. More fresh air.

How do we get that life? We get that through his Spirit living inside of us.

And the more that we become like him the more fresh air were able to share and dispense with the people around us.

The gospel is a transformation of the inner man. If you become different at the core of who you are then everything else begins to change.

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You see it in the apostle Paul. He had plenty to complain about, but he always had a good attitude. I'm praying that gets inside all of us.

You can be sure that when something is happening to you, God's wanting to do something in you.

Our attitudes are a choice, and for most of us attitudes are not going to take care of themselves.

One of the healthiest things you can do is to take responsibility for your own attitude. That's the first step in this process today.

It would be good for some of us to find someone in this group that we trust and tell them that we want them to help us check our attitude.

To keep us balanced and humble before God. Why? Because you want to live every day with fresh air.

Because I have a question for every one of us in the group tonight, who has modeled a great attitude for you in your life?

And how have they influenced you to grow closer to God and be a life-giver?

Eph 4:23 NLT

Let the Spirit of God renew your thoughts and attitudes.