

She Believes

BOOK STUDY: SESSION THREE

with Debbie Lindell

Thank you for joining me again. In this lesson we are going to focus on something that pretty much affects every part of your daily life . . . and that is your attitude! Whether it's good or bad, negative or faith-filled, you, my friend, have an attitude. The fact is, you always have one. And the attitude you have in this very moment is either honoring God and strengthening your faith in him or it is not.

It's a fact: there are times in life that no matter what you do—stomp your feet, throw a plate, scream and shout, or quietly pout—you cannot change the circumstances you find yourself in. Sometimes things just don't go the way you want them to. It can be something as simple as a flight getting canceled or your toddler refusing to take a nap, or something more challenging like being reprimanded by your boss or having an argument with your spouse or your child. **The good news is that even when things are not going the way you hoped or planned, you can choose how you are going to respond.** And that response can make a huge difference to you and everyone around you! It can brighten your day in spite of any unwanted or unexpected hiccup (and let's be honest, there is rarely a day without a hiccup—'cuz we ain't in heaven yet, sweetheart!).

SESSION THREE: BELIEVING AFFECTS YOUR MIND AND SPIRIT

(Chapters 9–12)

A few summers ago, John and I were traveling home from a conference out of state. We were running late for our connecting flight from Atlanta to Springfield, so as soon as we boarded, I made my way straight to the bathroom in the back of the overheated plane. When I went to unlatch the door to set myself free from the smelly little cubicle, to my dismay, the knob broke off and fell to the floor. There I sat, on that tiny plastic stool they call a toilet, with my cell phone in hand (of course, you never go anywhere without it!). Not just for five minutes, not just for fifteen minutes, but for nearly an hour and a half, there I sat! Thankfully, two very strong and determined airplane mechanics, using a pair of the largest pliers I had ever seen, ripped off the door, setting me free so I could breathe normally again. There was absolutely nothing I could do to change my situation; the only thing I could control was how I handled myself and my attitude. So I made the most of it by sending pictures and video updates to John, who was hanging out in the terminal (with his new passenger friends), and choosing to laugh a lot, in spite of a very stinky situation.

The attitude of your heart is the spark that ignites your words and your actions—right or wrong, godly or sinful. If you are struggling to control your attitude, you need to look no further than your heart to reveal the culprit. You want something you can't have, or a person does something you don't like and you react harshly. Just like my story in chapter 9, when I got angry at John, I wanted a reason to lose my temper, but the problem was not John; the problem was in my heart. That day, my attitude was my choice, and I chose to be angry. But in the middle of my confrontation with John, when my angry thoughts finally came up for air, I stopped and said a prayer. *God, help me with these feelings. I know they are not of you and they are not what you desire for me.* With his help, I made the decision to change my attitude right then.

REFLECTION TIME:

Open your Bible. Listen to Jesus. Write in your journal.

Read Philippians 2:5-6 (AMP-CE)

Let this same attitude and purpose and [humble] mind be in you which was in Christ Jesus: [let Him be your example in humility:] Who, although being essentially one with God and in the form of God [possessing the fullness of the attributes which make God God], did not think this equality with God was a thing to be eagerly grasped or retained.

In this passage, the apostle Paul is reminding us that, as believers, we need to strive to align our attitude with Christ's. With these verses as a backdrop, think about the following questions.

- How do these verses encourage or convict you regarding the attitude you have about things that are happening in your life today?
- Do you believe it is possible to have a godly attitude in every situation?
- What is it that causes you to struggle the most with having a right attitude? What do you think is the reason for that struggle?
- In these verses, what do you see as the key for maintaining a Christlike attitude?

Want to go deeper? I invite you to consider how these verses challenge you to evaluate your words and actions, knowing that your attitude reflects your heart and affects your relationships with God and others.

- That when we purposefully change how we are thinking, it affects our life and relationship with God. Read Romans 12:2.
- That everything we do and say can be traced back to one source. Read Proverbs 23:7.
- That the directives in James 4:7-10 can help you control your attitude and responses to situations that don't go your way.

THIS WEEK'S SCRIPTURE:

Let this same attitude and purpose and [humble] mind be in you which was in Christ Jesus: [let Him be your example in humility]. (Philippians 2:5 AMP-CE)

MY FAITH DECLARATION:

I believe that the attitude I choose in any situation is directly connected to my faith and trust in God. I can change my attitude if I will submit to God's Word and humbly ask for his help to do so. As I purposefully guard my thoughts and my heart, my actions and words will follow and be honoring to him, blessing everyone around me.

PERSONAL CHALLENGE:

Ask God to help you in the areas where you are struggling with having a bad or faithless attitude. Whether it is regarding a situation you are facing with your children, your husband, a teacher, or your boss, make the commitment to think of other as better than yourself and to humbly submit to and trust in God, striving to have an attitude that is honoring to him.

SISTERHOOD CHALLENGE:

With God's help, I purpose to have a kind and gracious attitude toward those who surround me. I commit to be encouraging, uplifting, and life-giving in what I do and say. When my attitude is not what it should be, I will humbly admit it, knowing that as I do, God will strengthen me, and the relationships I have with others will be blessed.

MY PRAYER FOR YOU:

Dear heavenly Father, just like the girl who is reading this prayer right now, I have struggled with my attitude toward people, even the ones I dearly love. I ask you to help us in this area of our faith and trust in you—that we will humbly acknowledge when we have a wrong and sinful attitude, and do the things that will help us to grow in contentment, patience, grace, and godliness. Amen.

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