***Hello Valley Height’s Ladies!*** Reviewing our April 8th Bible Study!

Part 3 –“Attitudes of Heart”

Chapter 9 --- *“****Thoughts and Attitudes****”*

“Again!? It just doesn’t look right?” So, I reach for my glasses and look one more time. “Ugh! This is not making any difference either. This is taking more time than I would like, but I know what I need to do….”

I have a curious problem with my computer. Every day when I go to my computer and turn it on, I need to go through a particular process of making specific adjustments in order for me to see a transformation of my computer screen. After clicking on “Control panel” I then have to click “Adjust your computer’s settings page.” The process goes from “Adjusting” to “Changing resolution to the highest” followed by clicking “O.k.”, “Keep Changes,” and to the final click “APPLY.”

Ladies, if I don’t first make these *daily adjustments* to my computer screen *in the right way* that it directs me to, then everything I continue to click on and open appears warped, stretched and distorted. My computer then becomes useless to me for the day.

The *daily changes* that I need to make to my computer are a constant reminder of how I too must reprogram my thinking daily! If I don’t *intentionally* take *the right steps* to make the *biblical adjustments* to my ***thoughts and attitudes***, then everything that unfolds before me throughout my day can often become very skewed! When **my attitudes** stretch out of proportion and become sinfully self-focused and warped, I can often look at God, His Word, others, even my own self and my circumstances…in a distorted way. Sadly, I become ineffective to everyone around me. **But, there is hope!**

Just as there is a daily routine for me to see the results of a ‘transformed screen,’ there too must be a daily plan of action that leads to **“A TRANSFORMED MIND.”**

Ladies let’s see what’s going to make the difference:

**A** cknowledgement that *our Lord is the only one* who can bring about real change in us! Jn.15:5

**T** *rusting* that God the Holy Spirit will teach us and help us with our sinful thought patterns! Eph.4:23

**R** ecognize that *renewing our thoughts* are crucial and critical to bringing God glory! Prov.4:18-27

**A** n “ATTITUDE of SURRENDER”: *presenting* our soul, body, mind and will to God daily. Rom.12:1,2

**N** ever losing sight of *the magnificent mercies of our Saviour*, motivating us to be like Him!

**S** pecifically *paying attention* to the things God values and *developing* the “***mind of Christ***” 1 Cor. 2:16

**F** aithfully *feeding our minds with scripture* in order to speak truth to our hearts about God! Ps. 15:1,2

**O** pening our Bibles humbly and *prayer*fully to understand there is a battle for our minds! 2 Cor.10:3-6

**R** ealizing that we are to ***PUT ON*** the ‘full armor of God’ to equip and prepare us for battle! Eph.6:10-18

**M** ake no provision for self-focus & ***PUT ON*** the armor of light and the Lord Jesus Christ! Rom.13:12-14

**E** mbrace the *hope* that –‘ve thought patterns and habits can be changed into +’ve ones! 1 Pet.1:13-19

**D** etermine to *ask God to alert us* to signs of wrong thinking: troubling emotions, depression, anger…

**M** y recognition, repentance, refusal, redirection, and replacement of sinful thoughts pleases God when

**I**  *choose by an act of my will* by His grace to ***put into practice*** true, right and pure thoughts…! Phil. 4:4-9

**N** o mind renewal- no Christlikeness! God’s greatest concern for us is our hearts/minds! Matt. 15:16-20

**D** o know “there is no quick fix.” We are responsible *to put biblical truth into a plan of action* with His help! Phil.2:12,13 Romans 6-8

Wow! You may say, “All this looks very mechanical” or “Oh boy, she’s given us another ‘to do’ list!”

Ladies, *it is God who commands us* to “develop healthy, positive, spiritual ways of thinking.”(George Sanchez) Ephesians 4:22-24 says, “You were taught, with regard to your former way of life, to **PUT OFF** your old self, which is being corrupted by its evil desires; to be made new ***in the attitude of your minds***; and to **PUT ON** the new self; *created to be like God* in *true righteousness* and *holiness*.”

It is God’s plan for us to continually put to death old thought patterns every time they rear their ugly heads. It is God who has commanded us where to ***“fix our thoughts”*** and ***“set our minds”*** for our good and His glory! (Deut. 6:24) God produces the change in us, but *we must* make the right choices—the choice to have an “**ATTITUDE of a RIGHT HEART**!” Changing heart attitudes requires prayer, memorization and effort! We must be submitting our hearts and our wills to His. *He will* accomplish His purpose in us—created to be like God; righteous and holy!

Ladies, I must confess that I have days that my emotions get so involved in a particular situation that I can’t even see straight? I can even lose my ability to quickly “click on Control Panel”-- ask the Holy Spirit of God to help me make the necessary adjustments to my “settings page”--my thinking? Do you?

Oh how I long to see straight more often than not! At first, the necessary changes for my computer were so annoying and time consuming because I always had to make sure I was clicking the *right buttons* in the *right order* for my computer to be useful for me for the day. But now, my daily routine (practice) to see a ‘transformed’ screen has become a wonderful reminder of my responsibility to put into practice those things that will make a difference to having a ***“transformed mind.”***

Ladies, what gives us encouragement to continue to be in pursuit of having a “**A TRANSFORMED MIND**?”

Zondra Scott (pastor Stuart Scott’s wife) gives us some reasons:

1. God’s grace is more than sufficient (2 Cor. 9:8; 2 Cor.12:9; Rom. 5:20; 1 Cor.10:13)

2. God’s expectation is not burdensome (2 Cor.3:18; Ps. 103:14; 1 John 5:3; Phil 1:6)

3. Changing long standing ‘habitual’ thought patterns IS possible (Psalm 119:45; 2 Tim. 4:7)

4. Consequences (Gal. 6:7-8; Ps. 119:2)

5. Heaven and reward (Romans 8:18; Gal. 6:9)

Ladies, we must *be intentional* to make *daily adjustments* to our thinking in every situation. We must aggressively pursue changing our thoughts and desires in conformity to the highest standard (resolution)-God’s Word that will separate and distinguish our sinful self-focused thoughts which will make clear our need for change and follow through with: clicking “O.K” (confessing our sin and repenting of it), clicking “Keep Changes” (fruit of repentance) and clicking “APPLY” (obedience and usefulness) for our King!

1 Corinthians 14:20 “Brethren, do not be children ***in your thinking***, yet in evil be infants, but ***in your*** ***thinking*** be mature.”

Ladies, let’s demonstrate to others the power and provision and solutions in Christ and His Word! By faith we walk! By grace we persevere in doing what is right! Let’s not grow weary!

Longing to bring my “thoughts, attitudes and actions” into conformity to Christ,

Christyn