

ATTITUDE CHECK-UP

This check-up is part of your challenge to live proactively, conscious of your spiritual condition.

UNDERSTANDING ATTITUDE

Definitions of Attitude:

- A SETTLED WAY OF THINKING OR FEELING about someone or something, typically reflected in a person's behavior.
- A POSITION ASSUMED for a specific purpose, person, or thing.
- An attitude is AN EVALUATION OF AN OBJECT, ranging from extremely NEGATIVE to extremely POSITIVE.
- A COMPLEX MENTAL STATE involving beliefs, feelings, values, and dispositions to act in specific ways.
- YOUR ATTITUDES ARE POSITIONS OF YOUR HEART.

Your attitude is always a result of A DECISION YOU MAKE, consciously or unconsciously.

The translations of Scriptures do not use the word attitude but other words for describing it.

REPENTANCE IS A CHANGE OF ATTITUDE

Generally, when attitudes become established, they are FIXED AND DIFFICULT TO CHANGE. For example, hardening of the heart is an attitude we can take for the things of God or others. A compassionate heart is an attitude we can take towards others.

Some attitudes can take over your personality and influence your behavior, choices, and results.

Sometimes we CAN ALSO BE CONFLICTED OR AMBIVALENT toward an object by simultaneously holding both positive and negative attitudes toward the same object. This inner conflict will result in unstable behavior.

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)

Pray that the Holy Spirit may help you to take an honest look at where you are. Ask for help to make decisions that will change your attitude, behavior, and results. These decisions will move you forward in the renewing of your mind.

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (Romans 12:1-2)

YOUR ATTITUDE

Identify which of the following positive and negative attitudes describe you, in order of the impact they have on your life.

- Forgiving – Unforgiving
- Humble – Prideful
- Submissive – Rebellious
- Edifying – Jealous
- Accepting – Angry
- Loving – Judging
- Faithful – Fearful
- Successful – Failing
- Trusting – Worrying
- Encouraging - Critical
- Content – Frustrated

The list could go on. You may find some other attitudes that better fit your life.

THE OBJECT OF YOUR ATTITUDE

Grade yourself from 1 to 10, towards the following objects of your attitude, with 1 being the worse attitude and 10 being the best. A 5 may show that you have a good attitude half of the time and a bad one half of the time.

Yourself	God	Other people
Your spouse	Your parents	Your children
Money	Tiding	Giving to others
Christians	Sinners	Christ
Successful people	Hurting people	Sex
Drugs	Alcohol	Past hurts
Education	Prayer	Church
Ministers	Ministers who failed	Backsliders
Men	Women	Other races
Parents	Children	Authority
Government	Taxes	Police

Your job	Your circumstances	Ill-treatment

I left some space for you to add any attitude object you want.

Do not try to be perfect in your evaluation. Use the results of this check-up as an indicator of areas of conscious decisions you want to make. This evaluation will change with time as you act on your decisions.

May the Holy Spirit guide and empower you in your walk with Him.

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