

The “3 Rs” Concept for Effective Christian Living

Refiring, Repairing, and Refining Are Positive Forces in Our Restoration Process for Living Life with a Robust Outlook.



Break the Chains of Negativism in Your Christian Walk.

The Christian should be the most enthusiastic, most joyous, and most positive force in the world.

Negative thoughts should be chained to the lowest part of our thought process. When we think on the negative (and we will at times), we need to replace it with those thoughts centered in on Biblical Scriptures and positive Christian values.

A positive attitude contributes to success in life more than anything else, according to a Stanford Research Institute study that shows a full 87.5 percent of people’s success can be traced to their positive attitudes, while just 12.5 percent of their success comes from their aptitude, knowledge, or skills.

What can you do if your mind is weighed down by negative attitudes that limit your success with your family, your business and your Christian life? You can change your attitudes, with God’s help.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:1-2 (KJV).

Nine (9) Ways to Change Your Attitude in Your Christian Walk:

1. Be Consistently Accountable for Your Life.

- ✓ *Let go of a victim’s attitude, since blaming others for what’s happened to you (from divorce to a job loss) won’t help make your life better.*
- ✓ *Avoid self-pity and excuses for not changing your life. Realize that no matter what has happened to you in the past, you do have the power to change, with God’s help.*
- ✓ *Focus on God’s promises to give you the strength you need to grow and move into a better future, and rely on that strength every day.*

- ✓ *Instead of looking inward, look outward to other people in need and obey God's call to help them; in the process, you'll start to feel better about your own life.*
- ✓ *Take responsibility for moving forward in the ways God leads you to move forward, and you'll see your life becoming more positive.*

2. Understand the Power of Attitude.

- ✓ *When you encounter the challenges and tragedies of living in a fallen world, you'll be able to deal with them successfully when you choose to approach life with positive attitudes.*
- ✓ *Keep in mind that changing negative attitudes to positive ones isn't an instant event; it's a lifelong process that requires perseverance.*
- ✓ *Ask God to help you each day, and study Jesus' life, since He is the ultimate example of how to live in a fallen world with positive attitudes.*

3. Respond Instead of Reacting to Unexpected Change.

- ✓ *Change will sometimes surprise you, and when that change is negative you may be drawn into a crisis. Whenever that happens, avoid reacting negatively and instead deliberately decide to respond positively.*
- ✓ *Remember—you can't control situations or people; however, you can choose how you'll respond to them.*
- ✓ *There are 4 gifts that God will give you to help you respond to unexpected change in positive ways if you ask Him: 1. Hope, 2. [Faith](#) in Him, 3. A clear vision of what He wants you to do next, and 4. The energy to do what He wants you to do.*
- ✓ *Whenever it's possible for you to change troubling circumstances or relationships, make the effort to do so.*
- ✓ *Whenever you can't change them, ask God to give you the peace you need to deal with them.*

4. Examine and Reexamine Your Soul.

- ✓ *Ask God to help you take an honest look inside your soul to identify what specific types of negative attitudes are lurking inside, such as: pride, fear, anger, sadness, jealousy, doubt, resentment, bitterness, and low self-esteem.*
- ✓ *Then confess each of the negative attitudes to God and repent of them, inviting God to transform you from the inside out.*
- ✓ *Going forward, each time you become aware of an unhealthy, negative thought in your mind, give it to God in prayer and ask the Holy Spirit to renew your mind so you can think the way He wants*

you to think – which will help you develop positive attitudes to fill your soul regularly.

5. Forgive Yourself and Others.

- ✓ *Accept the forgiveness that God offers you for your sins, and be faithful to God's call to forgive others who have sinned against you. Doing so will release the poison of bitterness from your soul, which will flush out negative attitudes and make room for positive attitudes to take their place.*
- ✓ *In so doing, your stress levels will decrease and the amount of peace you experience will increase.*

6. Make Preparation for Obstacles. *It's inevitable in this fallen world that you'll face difficult circumstances in the future that can lead you to give into negativity if you don't prepare for them now.*

- ✓ *Invest your time in practices that will help you develop new habits of positive thinking that will solidify positive attitudes in your life.*
- ✓ *When fear and discouragement cloud your thinking, seek wisdom from prayer, reading the [Bible](#), and talking with godly people you trust.*
- ✓ *Pray regularly for God to fulfill His unique purposes in your life, and expect big results, with faith in God's sovereign power.*
- ✓ *When you need encouragement, read God's promises to you in the Bible and spend time with encouraging people while avoiding negative ones.*
- ✓ *Be patient when working to reach the goals God has inspired you to achieve, relying on His strength each step of the way.*

7. Take Charge of Your Thoughts.

- ✓ *Ask God to help you replace negative thoughts with positive ones, and practice thinking about what's true, lovely and honorable until doing so becomes a habit.*
- ✓ *Read the Bible regularly to remind yourself of how blessed you are as someone who is accepted, secure, and significant...thanks to your relationship with Jesus.*

8. Be Transformed From the Inside Out.

- ✓ *Release control of every part of your life – from your relationships to your work – to God, trusting Him to guide you to what's best in all of your decisions.*
- ✓ *As you abandon a self-centered life for a God-centered life, you'll find that you'll be following God's guidance because you want to,*

not because you have to do so. Your sense of hope will grow in the process, which will nurture positive attitudes in your life.

9. Make a positive difference in God's kingdom.

- ✓ *Pray that God will make you a vessel for His love to flow through into the lives of other people.*
- ✓ *Every day, make the most of the opportunities God gives you to inspire other people to develop positive attitudes, by loving and serving them through both what you say and what you do.*

This Bible Study was inspired by a report on the practical applications of Jan Coate's book, Attitude-inize: 10 Secrets to a Positive You, (Beacon Hill Press, 2011). The editor of the report is Whitney Hopler, Crosswalk.com Contributing Writer

“God never said that the journey would be easy, but He did say that the arrival would be worthwhile” – Max Lucado

“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.” –Chuck Swindoll

“The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.” Zephaniah 3:17

“Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:28-31

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38-39

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” 2 Corinthians 4:16-18