

Grrr-Attitude

Philippians 2:14-15; 1Thessalonians 5: 15-18

Philippians 2:14-15

- ¹⁴ Do all things without [d]complaining and disputing, [e] ¹⁵ that you may become blameless and [f]harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world

1 Thessalonians 5: 15-18

- 16 Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you.

Negative Nancy



1 Timothy 4: 1-2

- 4 Now the Holy Spirit tells us clearly that in the last times some will turn away from the true faith; they will follow deceptive spirits and teachings that come from demons. ² These people are hypocrites and liars, and their consciences are dead. [\[a\]](#)

Complaining, Grumbling, Murmuring

- To complain is to express dissatisfaction about something.
- To grumble is to complain with a bad attitude.
- A murmur is a half-suppressed or muttered complaint

James 4: 1-3

- What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? 2 You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. 3 And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.

John McArthur

- “The joyless Christian reveals himself by having negative thoughts and talk about others, in a lack of concern for others welfare, and a failure to intercede on others behalf. Joyless believers are self-centered, selfish, proud, and often vengeful and their self-centeredness inevitably manifests itself in prayerlessness.”

Max Lucado

- “Two types of voices command your attention today. Negative ones fill your mind with doubt, bitterness, and fear. Positive ones purvey hope and strength. Which one will you choose to heed?”

It's Contagious

- Negativity is a virus.
- Poor Mental health is also contagious
- It leads to decline in your health

Entitlement

- The attitude or belief that insists of having special privileges.

Change your Mindset

- the established set of attitudes held by someone

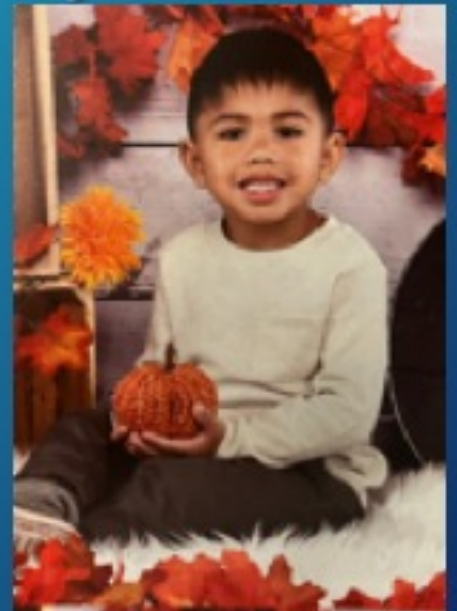
Liam Butalid

5 days old



11 days old

4 years old



1 Thessalonians 5: 15-18

- Rejoice always,
- Pray without ceasing
- Give Thanks

Activity

- Please take out the journal we have provided for you. If you are out home get a sheet of paper and something to write with. On the first page write a letter to someone, preferable still alive, that has influenced you giving them thanks.

Thank Offerings

- “I am obligated by vows to You, God; I will make my thank offerings to You. For you delivered me from death, even my feet from stumbling, to walk before God in the light of life” (Psalm 56:12-13).

Spiritual Discipline



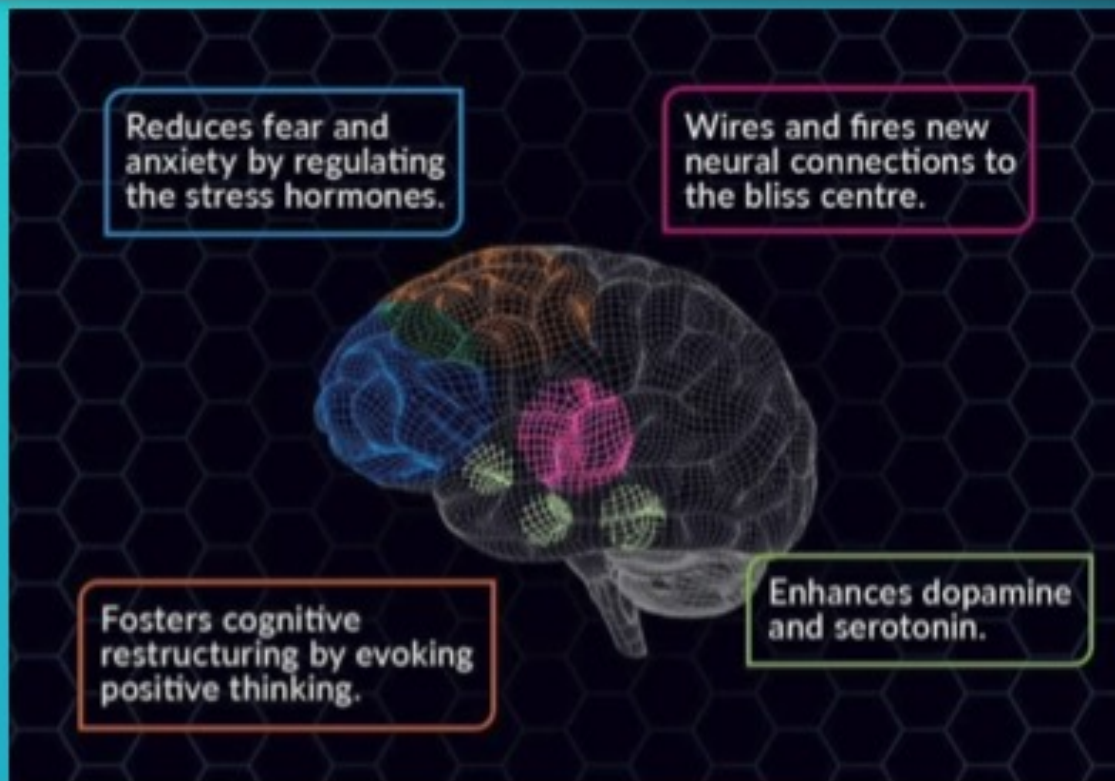
Spiritual Discipline



Write it Down



Benefits of Gratitude



Benefits of Gratitude

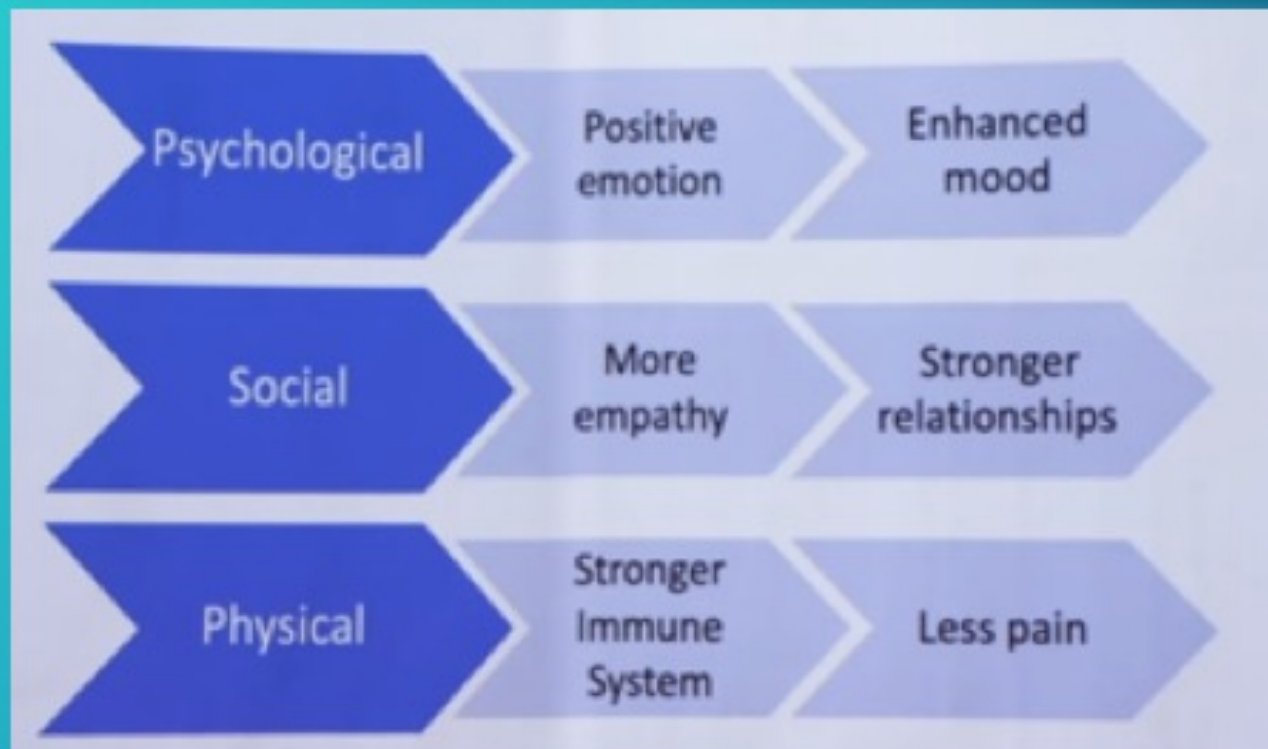
Wires and fires new neural connections to the bliss center

Enhancing the production of serotonin and dopamine neurotransmitters

Regulates Stress Hormones

Helps with Cognitive restructuring by practicing positive thinking

Benefits of Gratitude



Colossians 2:6

- ⁶ As you therefore have received Christ Jesus the Lord, so walk in Him, ⁷ rooted and built up in Him and established in the faith, as you have been taught, abounding [\[d\]](#)in it with thanksgiving.

Spiritual Discipline



Attitude of Gratitude



Conclusions

- Choose Gratitude over the Grinch
- Negative Nancy is bad for everyone
- Change Your Mindset "Be Thankful"
- Your Body and Soul will Thank You when you Thank God.
- Emote, Extend, Exercise Gratitude
- Our physical response to the Biblical Characteristic shows Purposeful intelligent design. (Proof of God)