



2 Corinthians 10: 1-6

Guard your attitude

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- What is your attitude like?
- In Psychology, an attitude refers to a set of emotions, beliefs, and behaviours toward a particular object, person, thing, or event. Attitude can also be described as the way we evaluate something or someone.
- Our attitude is like a pair of glasses that each of us wears, like a lens that we look through.

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- Max Lucado's book "Anxious for nothing", asks the question "why are we so anxious".
- Bad or negative attitudes can become destructive, and often cause sorrow and sin. Issues such pride, jealousy, stubbornness, arrogance, and anger are reoccurring themes for some bible characters.
- William James, the Father of American Psychology, was attributed with saying, 'The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes.'
- 'Be transformed by the renewing of your mind.' (Romans 12:2)

2 Corinthians 10:1-6

Paul's Defense of His Ministry

- By the humility and gentleness of Christ, I appeal to you - I, Paul, who am “timid” when face to face with you, but “bold” toward you when away! ² I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world. ³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. ⁶ And we will be ready to punish every act of disobedience, once your obedience is complete.

2 Corinthians 10:1-6

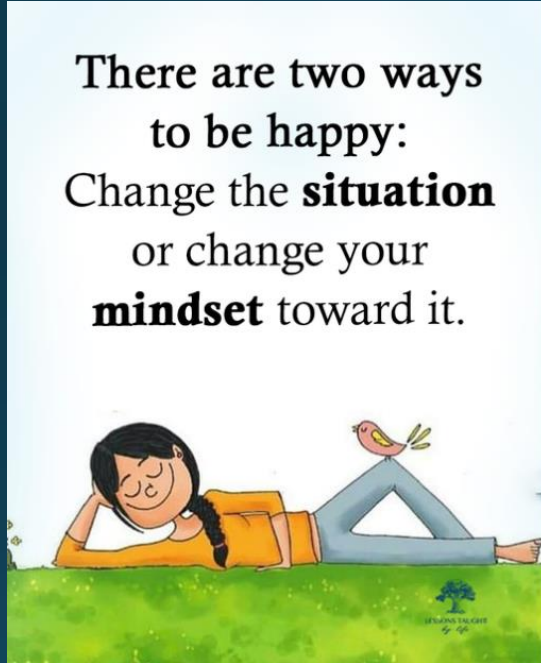
1. **We don't need to use human plans and methods to win our battles.** (verse 3 – For though we live in the world, we do not wage war as the world does).
2. **Our weapons are not physical, for our warfare is spiritual in nature.** Rather than guns and tanks, God's mighty weapons are available to us. God's weapons are those of the "full armour of God" Ephesians 6:13-18.
3. **God's plan is to demolish spiritual strongholds** (verse 4 - On the contrary, they have divine power to demolish strongholds and verse 5- We demolish arguments and every pretension that sets itself up against the knowledge of God)
4. **We need to capture every thought and make it obedient to Christ.**

So how can we guard our attitude?

1. We can choose what we think about – we can reframe our minds to have a hopeful and positive attitude (Romans 12:2).
2. Spend time with God, meditate on God's word and rely on the Holy Spirit to transform your attitude (Romans 8: 5-6).
3. Be prepared and expect temptation (John 16:33) Develop a philosophy -What is your personal "Why" Have a plan to re-frame your attitude.



Re-frame your attitude



1. Fear or faith, despair or hope, problems or solutions.
2. Problems that I come across today are opportunities for growth.
3. Bear Grylls – Negative talk is “stinking thinking” and you need to change it.
4. Joyce Meyer – A bad attitude is like a flat tyre, you can’t go anywhere until you change it.

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Develop a philosophy -What is your personal "Why"
Have a plan to re-frame your attitude.
4. Memorise scripture – have an accessible list of helpful verses.
5. Use positive self-talk.

