

# Lesson 3

## The Power of Attitude

Instructor:  
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### VIDEO OUTLINE

Note: All scriptures used in this lesson are quoted from the *New King James Version*.

- I. The kind of attitude we have is going to determine the kind of harvest that we reap in our lives.

*For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you.*

Proverbs 23:7

- A. If you speak negative words—words of fear, words of worry, words of anxiety, words of negativity, words like “it never works out for me and everything always goes wrong”—they’re coming from your heart.

*Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.*

Matthew 12:34–35

- B. Out of the heart you’ll bring forth evil things or bring forth good things.
- C. Whether we realize it or not, we’ve made decisions about how good God is, and whether He’s really, really good, or just a little bit good, depending on how we do.
- II. Everything in our lives is impacted by what goes on inside of our hearts.

*Keep your heart with all diligence, For out of it spring the issues of life.*

Proverbs 4:23

- A. The way you approach circumstances, the way you approach relationships, or the way you approach what the doctor told you: those are the issues of life.
  - B. The image you carry of yourself on the inside of you, and the image you carry of God, is a prophetic picture of your future. You limit yourself and God to the pictures you carry in your imagination.
  - C. There are many sick Christians who have a vision (an image) of themselves as being sick.
  - D. If sickness comes against people with healthy hearts and good images of God and themselves, they won't see themselves as sick trying to get well. They see themselves as healed, resisting sickness.
- III. Your attitude will determine how you deal with sickness.
- A. The kingdom of God within you is being attacked by a sickness that is trying to steal, kill, and destroy your life.
  - B. We need to attack these problems with faith, with the Word of God, and with the authority of Christ, and not put up with whatever is coming to steal our lives.
- IV. The world is trying desperately to conform you to its image, especially in the realm of health.

*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 12:2

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- A. We need to get stirred up, take back what is ours, take our inheritance in Christ, and not be conformed to this world.
- V. If we're going to change our attitudes, we're going to have to start with changing how we think.

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*

Philippians 4:8-9

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- A. You can't be victorious in the area of health and healing if you continually feed yourself with negative thoughts, negative reports, negative garbage on TV, and advertisements for all kinds of medicines with side effects.
- B. A joyful heart is an attitude that you must choose in order to overcome the trials and tribulations of life, including sickness. God is rejoicing over you with joy.

*A merry heart does good, like medicine, But a broken spirit dries the bones.*

Proverbs 17:22

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- C. As your attitude changes, your body will submit to the prevailing thoughts and attitude.
  - D. We've got to have a more proactive, aggressive attitude that health and healing were purchased for us on the cross and that we're not going to let any enemy steal it from us.
- VI. Job shows a negative example of thoughts coming true. He lost his health and his family because he greatly feared all of those events.

*For the thing I greatly feared has come upon me, And what I dreaded has happened to me.*

Job 3:25

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- A. Job's fear attracted what he was afraid of, just like faith will attract what we are convinced of.
- B. Job didn't have the Word of God to meditate in day and night.

*I have heard of You by the hearing of the ear, But now my eye sees You.*

Job 42:5

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- VII. Expectation is an intense anticipation. Hope is intense anticipation of good based upon the promises of God.

*According to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or by death.*

Philippians 1:20

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- A. Faith doesn't come from negative expectations. Faith doesn't grow in the soil of a negative, pessimistic outlook on life, on health, and on God.

*Now faith is the substance of things hoped for, the evidence of things not seen.*

Hebrews 11:1

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- B. Your expectation really is where your attitude comes from. Your attitude about life and your expectations about life are powerful, powerful weapons in the world of health and healing.
- C. If the grace of healing did overwhelm you, and you got healed, and if negativity was your outlook on life, then you wouldn't stay healed very long. Negativity is the environment for sickness to thrive.
- D. Pessimism is the breeding ground for unbelief.
- E. Expectations are built on information, memory of how things went in the past, and on how they might go in the future. Expectations are built upon teachings that we've heard and words about God and about ourselves.
- F. Based upon experience with five loaves and two fishes in the past, the disciples concluded it wasn't enough for thousands of people. Jesus took the same five loaves and two fishes but had a different expectation, a different vision.

VIII. Our attitudes and expectations come from somewhere. The God of all hope is filling me with joy and peace as I believe, and my belief can only come from the soil of hope.

*Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.*

Romans 15:13

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- A. Multitudes followed Jesus because they expected to be healed. Everybody who came to Jesus was healed.

*Also a multitude gathered from the surrounding cities to Jerusalem, bringing sick people and those who were tormented by unclean spirits, and they were all healed.*

Acts 5:16

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- B. A positive expectation is the birthplace of miracles.

- C. Faith will only grow in the soil of the intense anticipation of God's goodness.
  - D. "If it's God's will" is not faith; it is robbing God of the only thing that pleases Him. Without faith it's impossible to please God.
- IX. You can change your expectations.
- A. Keep the promises of God in front of you.
  - B. Be aware of your current expectations.
  - C. Train your mind to think "God thoughts."
- X. Make a choice today to change the way you approach life, change your attitude, change your expectations, and give faith a chance.

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