

Making The Changes
Outline – February 25, 2024
Proverbs 16:5-9, 2 Corinthians 7:9-12

We Often Forget The Power Of Attitude

I. Why (positive) attitude is so important in every area of life

- A. Attitude can make you or break you
 - 1. In life
 - 2. In marriage
 - 3. In recovery from illness or injury
- B. It can be our best friend or worst enemy
- C. It is what draws people to us or repels them from us
- D. It predicts our success or failure
- E. It is seen in our behavior
- F. It runs in our families, churches, cities, universities
- G. Nothing can stop a person with a good attitude and nothing can help someone with a bad attitude

II. The truth about attitude

- A. Jesus can change it if we submit to Him
- B. We choose our attitude (no matter the situation)
 - 1. Victor Frankl
 - 2. King David
 - 3. Apostle Paul
 - 4. Helen Keller
 - 5. Abe Lincoln
- C. A happy person is not a person with a certain set of circumstances, but a person with a certain set of attitudes
- D. Happiness is a chosen attitude, not a state of being
- E. Attitude more important than aptitude in success in life
- F. Attitude more important than talent
- G. God rewards good attitude, disciplines bad attitude
 - 1. Good attitude predicts success
 - 2. Bad attitude predicts failure

III. Top five attitude killers

- A. Wrong expectations
 - 1. Life will not always be easy
 - 2. Marriage will not always be easy
 - 3. Not everyone will like you
- B. Comparing – up
 - 1. Beware of comparison trap
- C. Beware of entitlement
 - 1. It's supposed to be a certain way

D. Beware of your own negativity

E. Beware of your own pride

A bad attitude (I have nothing to change) will bring you down the road to marital failure

IV. Ten things we must avoid (improve upon) to avoid marital failure

A. Lack of knowledge...

1. Read a book

2. Talk to a therapist

3. Talk to another older couple

4. If you don't know what you're doing, how do you expect to succeed?

B. Living together before marriage

1. Those who do, 70% chance of divorce

2. Problem with commitment

3. Problem with moral authority

C. Weak spiritual foundation

1. Marriage is a spiritual commitment

2. God must be the center of our marriage

D. Poor relational support

1. Bad company corrupts good morals

E. Chronic criticism and negativity

1. Research of Dr. John Gottman

F. Blame transfer: Defensiveness

1. Adam and Eve technique

G. Chronic anger

H. Non-commitment

1. Shoppers attitude

I. Non-Biblical view of marriage

J. Coming from a home of high conflict, trauma, detachment

V. Five attitude builders

A. Love

B. Gratitude

C. Humility

D. Faith

E. Respect

**Attitude Created By God's Grace And Love
Can Bring Success In Marriage And Life**