

Monsters Inside of Me

“A Case of the ‘Tudes”

OPEN:

- ❖ We sabotage our life when we dwell on negative thoughts.
 - I’m not good enough...I can’t...I don’t have what it takes...I’m a failure...I’ll never amount to anything...
 - It’s not my fault...if you were in my shoes you wouldn’t be happy either...bad things are always happening to me.
 - I’ve made too many mistakes in the past, I don’t deserve to be happy...I can’t forgive myself.
 - No one works as hard as I do...why aren’t these people around doing their job...I’m the only one working around here?
 - Do you ever battle stinking thinking? Is the glass half full or half empty?
 - Have you been more irritable lately? As you grow older, have you become easier or harder to live with?
 - A negative attitude can keep folks from wanting to be around you...when your number comes up on the phone do people think...great, look whose calling or oh no, wonder what they want?
- ❖ You don’t get to choose the circumstances of life, but you do get to choose how you respond to them.
 - Chuck Swindoll in his book, “Strengthening Your Grip” writes: “The longer I live, the more I realize the impact of attitude in my life. Attitude is more important than facts...more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable

thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only think we can do is to play on the one string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.”

➤ The single most significant decision I can make today is my choice of attitude.

1) **REMEMBER THIS TRUTH: YOU ARE WHAT YOU THINK.** (PRO PRESENTER SLIDE BULLETIN OUTLINE)

- **Proverbs 23:7 (NKJV) – For as he (or she) thinks in his (or her) heart, so is he (she).** (our thoughts determine our behavior).
- In the pioneering days of the computer (systems were being written) it was called GIGO (garbage in, garbage out)...if you put the right data in, you got the right answers out...bad input=wrong output.
 - ✓ What is true of computers is true of the human mind...fill your mind with worldly, negative thoughts and it shows up in your behavior.

➤ If you are not living right it is most likely because you are not thinking right.

➤ You are not what you think you are but what you think, you are.

❖ Analyze your input:

- What kind of: music do you listen to...movies do you watch...books do you read...people do you hang out with...places do you go...websites or videos are you looking at on the internet...
- Be wise in what you allow to come into your life...
 - ✓ **Proverbs 4:23 (NLT) - Guard your heart above all else, for it determines the course of your life.**
 - ✓ Making good, healthy deposits today will strengthen and help you in the days ahead.

❖ Your attitude is important:

- It will determine your approach to life.
- It effects your relationship with people.
- It is often the difference between success and failure.
- ✓ Illustration: Once upon a time, a shoe company sent two salesmen to Africa to determine the market potential for their products. One salesman was sent to the East coast of Africa while the other salesman was sent to the west coast of Africa. Both the salesmen completed a basic survey of the target market and called back to the office. The salesman sent to the east coast of Africa reported “No one here wears any shoes, there is no market for us here.” The other salesman sent this message: “No one here has any shoes, there is a huge market for us, sent inventory fast.”
- ✓ Illustration: talk about contrasting attitudes...the soldiers of Israel hid in fear when they saw Goliath. He is too big, we will never kill him. Whereas, when David saw him, he thought...he’s so big I can’t miss him.
- Just because you are a Christian doesn’t mean your attitude will be good; you must make positive choices.

❖ Illustration: Story is told about two different men who attended church on the same Sunday.

- Let’s call the first man Bob: he walked into the lobby and was greeted with a smile, he made his way to his seat avoiding eye contact as much as possible. When the service started, he felt the welcome was too long and he didn’t care for the music, so naturally he did not sing. When the offering plate was passed, he felt the usher was watching to see how much he gave. The message was something he had heard before and he constantly looked at his watch wondering when the preacher would stop. He left during communion to avoid the crowd and as he got into his car he thought... “those folks weren’t very friendly and I didn’t get much out of the service today.”
- The second man’s name was Joe: he found the welcome warm and even stopped to grab a coffee on the way in and spoke with several people. He enjoyed watching families arrive and took his seat in the back. The music was

upbeat and encouraging and he sang enthusiastically. When the offering plate was passed, he reflected on how good God had been to him and contemplated whether he was giving enough. The message spoke to his heart and several people shook his hand as he headed to his car. As he got in he thought: “how good it was to get together with God’s people and enjoy His presence.”

➤ Same church, same Sunday...each found what they were looking for...attitude makes the difference.

❖ But I get it...sometimes we get overwhelmed with life’s problems:

- Such were the children of Israel...

1 Corinthians 10:5-11 (NLT) - ⁵ Yet God was not pleased with most of them, and their bodies were scattered in the wilderness. ⁶ These things happened as a warning to us, so that we would not crave evil things as they did, ⁷ or worship idols as some of them did. As the Scriptures say, “The people celebrated with feasting and drinking, and they indulged in pagan revelry.” ⁸ And we must not engage in sexual immorality as some of them did, causing 23,000 of them to die in one day. ⁹ Nor should we put Christ to the test, as some of them did and then died from snakebites. ¹⁰ And don’t grumble as some of them did, and then were destroyed by the angel of death. ¹¹ These things happened to them as examples for us. They were written down to warn us who live at the end of the age.

✓ Instead of celebrating how God would deliver them from slavery...

Exodus 14:10-11 (NLT) - ¹⁰ As Pharaoh approached, the people of Israel looked up and panicked when they saw the Egyptians overtaking them. They cried out to the LORD, ¹¹ and they said to Moses, “Why did you bring us out here to die in the wilderness? Weren’t there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt?”

✓ Just on the other side of the Red Sea:

Exodus 16:1-2 (NLT) - Then the whole community of Israel set out from Elim and journeyed into the wilderness of Sin, between Elim and Mount Sinai. They arrived there on the fifteenth day of the second month, one month after leaving the land of Egypt. ² There, too, the whole community of Israel complained about Moses and Aaron.

- ✓ Fast forward...months later...

Numbers 11:1 (NLT) – Soon the people began to complain about their hardship, and the Lord heard everything they said.

- ✓ It wasn't long and they wanted some meat with their manna and God sent quail...
- ✓ The Israelite women put a cookbook together: Manna soup, manna cornbread, manna and quail casserole, quail and manna casserole, hot and spicy shredded manna, baked quail over a bed of manna, and sweet and sour manna were among the list.

Numbers 14:1-4 (NLT) - Then the whole community began weeping aloud, and they cried all night.² Their voices rose in a great chorus of protest against Moses and Aaron. "If only we had died in Egypt, or even here in the wilderness!" they complained.³ "Why is the LORD taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn't it be better for us to return to Egypt?"⁴ Then they plotted among themselves, "Let's choose a new leader and go back to Egypt!"

- And so it was the Israelites developed a case of the 'tudes...a bad attitude.

Numbers 21:5 (NLT) - ...and they began to speak against God and Moses. "Why have you brought us out of Egypt to die here in the wilderness?" they complained. "There is nothing to eat here and nothing to drink. And we hate this horrible manna!"

❖ Attitude is a matter of perspective...

- ✓ The next time you are in heavy traffic instead of complaining and griping, thank God your car has air conditioning or that you are not walking.
- ✓ Instead of complaining about the dirty dishes, thank God you have plenty of food.
- ✓ When your kids track in mud and make a mess, thank the Lord your children are healthy.
- ✓ When the pressures of work begin to mount up, ask God for strength and thank him for your job.

- ✓ When someone takes “your parking place” or sits in your seat at church, pray for these new guests and make them feel welcome and wanted.
- ✓ When money is tight and you aren’t sure how you will pay the bills...thank the Lord for how He has met your needs in the past and ask Him to do so in the future.
- ✓ When your alarm clock rings in the morning, thank God you can hear...some people are deaf.
- ✓ When the toast burns, the kitchen is buzzing with activity and tempers flare...thank God you aren’t lonely.
- ✓ You heard about the man that was in his mid 90’s? He was reflecting on God’s goodness: I’ve had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I’m half blind, can’t hear anything louder than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts. Have bouts with dementia, poor circulation, hardly feel my hands and feet anymore. Can’t remember if I’m 85 or 92. Have lost all my friends but I thank God I still have my driver’s license.

2) **REJECT** NEGATIVE THINKING. (PRO PRESENTER SLIDE BULLETIN OUTLINE)

Philippians 1:27 (NIV) – Paul writes from a prison cell in Rome – **whatever happens, conduct yourself in a manner worthy of the gospel of Christ...** whatever difficulties might come your way.

Philippians 2:14-15 (NLT) – ¹⁴Do everything without complaining and arguing ¹⁵so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

❖ Beware of negative thinking:

- **Self-pity Suzie:**

- ✓ Life is hard, I’ve been dealt a bad hand, she lives in crisis mode.
- ✓ You don’t know what I’m going through...it’s terrible!

- **Blaming Bob:**

- ✓ It's not my fault, my wife is difficult to live with...my boss is a jerk...people have done me wrong.

- **Vicky the Victim:**

- ✓ Things will never change, I have a right to feel hurt, God made me this way...it's my identity.

- **Bitter Betty:**

- ✓ She refuses to face the possibility that she is the source of her own problems.
- ✓ She stewes, bristles at the notion life could be different.

❖ Bible example: the Israelites waved the white flag when they should have blown the trumpet and charged...

Numbers 13:31-33 (NLT) – ³¹ But the other men who had explored the land with him disagreed. “We can’t go up against them! They are stronger than we are!” ³² So they spread this bad report about the land among the Israelites: “The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. ³³ We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that’s what they thought, too!”

➤ The tragedy of life is what dies inside a man while he lives.

3) **RECLAIM** THE RIGHT ATTITUDE. *(PRO PRESENTER SLIDE BULLETIN OUTLINE)*

- Put the right thoughts in your heart and mind.
 - ✓ Physically you can't eat junk food and expect to feel healthy.
 - ✓ You may need to change your diet...trash in, trash out.

Philippians 4:8-9 (NLT) - ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting

into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

- Hang around the right kind of people.
 - ✓ People that are positive and encouraging...they challenge you to be your best and build you up.

1 Corinthians 15:33b (NLT) - ...bad company corrupts good character.

- ✓ If you run with the pigs, you will smell like them.
- ✓ Negative, critical people with drag you down.
- Memorize and meditate on Scripture.

Joshua 1:8 (NKJV) - This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

- ✓ Think about it, chew on it and bring out the meaning of each word...slowly, deliberately.

CLOSE:

- ❖ Remember this truth...what you think, you are.
- ❖ Reject negative thinking...you can't control life's circumstances but you can choose your response.
- ❖ Reclaim the right attitude...out with this bad and in with the good. Hang around positive people and memorize and meditate on God's word.
- Don't let the "tudes" keep you from being who God created you to be!

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