

Attitude Is Everything

Today we are looking at choosing our attitude in the face of life's challenges.

In Jeremiah 29, the Jewish exiles in Babylon were told by God, through the prophet, to stop complaining about their situation and instead live faithfully and productively where they were.

They were to build homes, plant gardens, raise families, and seek the peace of the city. Though their exile was painful, Jeremiah reminded them that while their circumstances might not change, their attitude and faithfulness to God could.

Like the exiles, we also face times of challenge, which test us, and just like them we have a choice: to sink into despair or to look to God with trust and gratitude.

The Apostle Paul is a powerful example of this truth. Imprisoned and persecuted, he still rejoiced, knowing that his suffering advanced the gospel. His joy was not based on comfort, but on his unshakable relationship with Christ.

In Philippians 4:6–8, Paul encourages us to replace anxiety with prayer and thanksgiving - focusing on what is true, noble, right, pure, and lovely - and he promises that the God of peace will be with us as we do that.

Psychiatrist Viktor Frankl echoed this biblical wisdom too. He taught that when we cannot change our situation, we can still choose our attitude.

This freedom of choice defines how we live and find meaning.

Like Jeremiah's exiles and Paul in prison, we may not be able to change our circumstances, but with God's help we can change our attitude to them as we keep our focus on Him.