

Pilgrim Rest Baptist Church  
"Jesus Fix My Attitude"  
May 1, 2019

- I. What is an attitude problem?
  - A. An attitude problem is an emotional state that is counterproductive to your desired results. This emotional state turns into behavior as a result of an unresolved issue that your either unaware of or unwilling to deal with!
  - B. Notice I didn't say unable to deal with, Philippians 4:13
  
- II. Signs that you have an attitude problem
  - A. You are Always Right and Everybody Else is Always Wrong!
  - B. You are extremely negative, never seeing the glass half full, always half empty!
  - C. You are often reactive and short-tempered!
  - D. Your relationships are not working!
  - E. People tell you that you have an attitude problem!
  
- III. H.A.L.T. (Seeds and Solutions of Attitude Problems)
  - A. H- HUNGRY
    - i. Read Luke 24:36-45,(Fix it Jesus) He did something familiar to soothe their hearts and minds.
    - ii. Hunger and happiness- A hormone called ghrelin causes a sensation of hunger when our caloric intake is low but it also reduces stress.
    - iii. Eat but don't eat too much, Proverbs 25:16
  
  - B. A-ANGRY
    - i. You can never get rid of anger dealing with its fruit and not its root!
    - ii. Read Matthew 6:12-14, Fix it Jesus
    - iii. Antidotal Arithmetic, 1 Cross+3 Nails= 4Given!!!
  
  - C. L-LONELINESS
    - i. There is a difference in being alone and being lonely\_\_\_\_\_
    - ii. Read Matthew 28:20, Fix it Jesus
    - iii. Read Luke 5:5-10 You need Jesus, James, John and Joanne too!
  
  - D. T-TIED
    - i. There is a difference between being tired and tied!
    - ii. Read Genesis 2:2
    - iii. Read Exodus 20:8-10
    - iv. Read Matthew 11:28 Fix it Jesus
    - v. I pray that God will not just give you sleep but that He will give you Rest!