

THE ATTITUDE SPIRAL

DAY ONE

READ Numbers 13:1-2, 26-32. One exploratory trip; two different perspectives. Now **READ** Numbers 14:3, 6-10, 20-24. Because of the continual rebellion of the people and their contempt toward God's provision, they would spend the next 40 years wandering in the desert. Why did God say Caleb was different? The word "spirit" used in 14:24 in the NIV means "attitude" or "disposition." Notice that Caleb never denied the reality that the people of the land were strong, or big, or the cities were fortified. He chose an attitude that enabled him to believe and follow God wholeheartedly. Where would you be? Would you be claiming doom and destruction? Or would you be with Caleb declaring "*we can certainly do this!*"

THINK about the circumstances in which you find yourself today. What attitude have you chosen?

"The greatest discovery of any generation is that a human being can alter his life by altering his attitude."
William James

DAY TWO

READ John 15:9-11, Psalm 16:11, and 94:19. Where do we find our joy? Review the outline from this weekend's message. We must repeatedly choose joy. Because our joy is not dependent on our circumstances, we're able to have joy in the midst of the most difficult of circumstances. Not all things are good. But God IS good and He is with us. Understanding that produces joy.

PRAYER: Thank you, God, for your goodness. Thanks that even in the midst of difficult times I can have peace and my heart be filled with joy. Help me to choose joy today.

DAY THREE

"You can learn to talk through life with God." To move our constant thinking to constant praying involves recognizing the presence of God within us. In 1930 Frank Laubach began an experiment with prayer. In his journal, Practicing His Presence he writes, "*I begin to try to line up my actions with the will of God about every fifteen minutes or every half hour... I've been told it is impossible.*" After 60 days, he writes: "*The experiment is interesting, although I'm not very successful thus far. The thought of God slips out of my sight for I suppose two-thirds of every day... yet this thing of keeping in constant touch with God... it is working. I find several things happening to me as a result... this concentration upon God*

is strenuous, but everything else has ceased to be so. I think more clearly, I forget less frequently... I have felt a joy like never before. I worry about nothing and lose no sleep! I wish, wish, wish, that a dozen or more persons would try this and write their experiences as I have! The results, I think, would astound the world. At least the results of my own effort are astounding to me."

People all over the world would spend millions of dollars for something which promotes clarity, better memory, joy, rest...
What would your week be like if YOU tried this experiment?

Be joyful always; pray continually; give thanks... I Thessalonians 5:16-18

DAY FOUR

A lecturer displayed a sheet of white paper on which was one blot. He asked the audience members what they saw. Of course they all answered that they saw a blot. "*We notice the black disfigurement and forget the wide-spread mercy.*"

READ Psalm 116:7. In the book, The Good and Beautiful God, James Bryant Smith talks about counting your blessings as a powerful spiritual exercise – creating your own *list of blessings*. He suggests starting small. "*Try to come up with a list of ten things God has blessed you with.*" The idea is to help us "*see the wide-spread mercy that is so much greater than the black blot.*" Take time today to look for God's blessings and mercy.

DAY FIVE

READ James 1:17, Proverbs 10:6. Start your own ongoing list of blessings. Love, family, and salvation are certainly blessings to be included, but don't stop with the immediate and obvious. Look for His blessings. To get you started, here are a few of mine that in the rush of life, I could easily overlook.

- *the first sip of coffee in the morning*
- *encouraging words or notes from a friend*
- *a God who prompts someone to send encouragement at just the right time*
- *Google*
- *digital cameras*
- *a God that is more than I can ever imagine*
- *scripture*
- *cookie dough*
- *second, third, and fourth chances*
- *the way the snow sparkles like glitter when it's super cold*
- *Jacob's Well*

Keep your list handy. Maybe write your list on sticky notes and place them strategically throughout your house.

PRAYER: God, thank you for blessings. Thank you for unexpected reminders of your love, your grace, and your intimate care for me.