

The season of positive change



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A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty. Positive thinking is not accepted by everyone. Some, consider it as nonsense, and scoff at people who follow it, but there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness. It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it. To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do.

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DEDICATION

This book is dedicated to God Almighty who gave me the privileged and revelation of this book, and also to all Christian Faithful, who still stand in the Faith as received from the beginning.

Introduction

There are mistakes people often make today in Christendom when they pray but do not get answer to their prayers. They are swift in heaping blames on either God or their supposed enemies. They make references to either what they have read in the bible, or what prophecy has said in the time past concerning their lives. They claim Abrahamic blessings and they are not ready do the work that Abraham did, neither are they ready to practice the faith Abraham practiced.

Many fail to realize that there is a pace of man in God's destiny; meaning that man has roles to play before God's destiny for one's life can be fulfilled. The absence of this knowledge has brought about stagnancy into the lives of many Christians today. God is not a man who will renege on what he has said concerning his people, but he wants people to have some responsibilities they will carry out to fast track his purposes concerning our lives. The scripture records that the secret of the Lord is with those who fear him. Yes it is only in his words; in prayer and intimacy with him one can get his secrets. And this of course must couple with our faith, so that studying in his word, and praying to him will not be an exercise in futility.

It takes a personal revelation to have a positive change in life. Prophet Micah was able to say affirmatively that no one should rejoice over him, because when he fell, he would rise again, and even if he sat in darkness, the Lord will show light unto him, because he has seen the revelation that it was a temporary problem. (Micah 7:8). Therefore, it is very important to see better things in one's undertakings.

Why it is that people are no more enjoying what is meant for them today? Why are people working like elephants and eating like ants? Does that mean that God's hands are shortened to help or his ears heavy to hear? The answer is no. something is amiss somewhere.

Consequent upon the forgoing, this book intends to unravel the mystery of life changing attitude and the way out of penury and stagnancy both spiritual and physical.

May the spirit of God open your spiritual understanding as you read this book meditatively.
AMEN!

Chapter 1

Attitude

What is attitude?

What is attitude exactly? The definition of attitude is elusive. Without opening a dictionary, it's difficult to articulate what attitude is. Yet we all know that a person's attitude is important and has a significant bearing on the level of success they can achieve in life.

What Is Attitude? The Definition of Attitude

The definition of attitude according to the Merriam Webster dictionary is:

"A mental position with regard to a fact or state; a feeling or emotion toward a fact or state."

Another way to think of attitude is a mental habit that filters how you perceive the world around you and also the actions and behaviors you take in response. Or

A predisposition or a tendency to respond positively or negatively towards a certain idea, object, person, or situation. Attitude influences an individual's choice of action, and responses to challenges, incentives, and rewards (together called stimuli).

Four major components of attitude are (1) Affective: emotions or feelings. (2) Cognitive: belief or opinions held consciously. (3) Conative: inclination for action. (4) Evaluative: positive or negative response to stimuli.

An attitude is "a relatively enduring organization of beliefs, feelings, and behavioral tendencies towards socially significant objects, groups, events or symbols".

"..A psychological tendency that is expressed by evaluating a particular entity with some degree of favor or disfavor".

Structure of Attitudes

Attitudes structure can be described in terms of **three components**.

Affective component: this involves a person's feelings / emotions about the attitude object. For example: "I am scared of spiders".

Behavioral (or conative) component: the way the attitude we have influences how we act or behave. For example: "I will avoid spiders and scream if I see one".

Cognitive component: this involves a person's belief / knowledge about an attitude object. For example: "I believe spiders are dangerous".

This model is known as the **ABC model of attitudes**.

One of the underlying assumptions about the link between attitudes and behavior is that of consistency. This means that we often or usually expect the behavior of a person to be consistent with the attitudes that they hold. This is called the principle of consistency.

The principle of consistency reflects the idea that people are rational and attempt to behave rationally at all times and that a person's behavior should be consistent with their attitude(s). Whilst this principle may be a sound one, it is clear that people do not always follow it, sometimes behaving in seemingly quite illogical ways; for example, smoking cigarettes and knowing that smoking causes lung cancer and heart disease.

There is evidence that the cognitive and affective components of behavior do not always match with behavior.

Attitude Strength

The strength with which an attitude is held is often a good predictor of behavior. The stronger the attitude the more likely it should affect behavior. Attitude strength involves:

Importance / personal relevance refers to how significant the attitude is for the person and relates to self-interest, social identification and value. If an attitude has high self-interest for a person (i.e. it is held by a group the person is a member of or would like to be a member of, and is related to a person's values), it is going to be extremely important.

As a consequence, the attitude will have a very strong influence upon a person's behavior. By contrast, an attitude will not be important to a person if it does not relate in some way to their life.

The **knowledge** aspect of attitude strength covers how much a person knows about the attitude object. People are generally more knowledgeable about topics that interest them and are likely to hold strong attitudes (positive or negative) as a consequence.

Attitudes based on direct experience are more strongly held and influence behavior more than attitudes formed indirectly (for example, through hear-say, reading or watching television).

The Function of Attitudes

Attitudes can serve functions for the individual. Daniel Katz (1960) outlines **four functional areas**:

- **Knowledge**. Attitudes provide meaning (knowledge) for life. The knowledge function refers to our need for a world which is consistent and relatively stable. This allows us to **predict** what is likely to happen, and so gives us a sense of control. Attitudes can help us organize and structure our experience. Knowing a person's attitude helps us predict their behavior. For example, knowing that a person is religious we can predict they will go to Church.
- **Self / Ego-expressive**. The attitudes we express (1) help **communicate** who we are and (2) may make us feel good because we have asserted our identity. Self-expression of attitudes can be non-verbal too: think bumper sticker, cap, or T-shirt slogan. Therefore, our attitudes are part of our identity, and help us to be aware through expression of our feelings, beliefs and values.
- **Adaptive**. If a person holds and/or expresses socially acceptable attitudes, other people will reward them with approval and **social acceptance**. For example, when people flatter their bosses or instructors (and believe it) or keep silent if they think an attitude is unpopular. Again, expression can be nonverbal [think politician kissing baby]. Attitudes then, are to do with being apart of a social group and the adaptive functions helps us fit in with a social group. People seek out others who share their attitudes, and develop similar attitudes to those they like.
- The **ego-defensive** function refers to holding attitudes that **protect** our self-esteem or that justify actions that make us feel guilty. For example, one way children might defend themselves against the feelings of humiliation they have experienced in P.E. lessons is to adopt a strongly negative attitude to all sport.

People whose pride has suffered following a defeat in sport might similarly adopt a defensive attitude: "I'm not bothered, I'm sick of rugby anyway...". This function has psychiatric overtones. Positive attitudes towards ourselves, for example, have a protective function (i.e. an ego-defensive role) in helping us reserve our self-image.

The basic idea behind the functional approach is that attitudes help a person to mediate between their own inner needs (expression, defense) and the outside world (adaptive and knowledge).

Functions of Attitudes Example

Imagine you are very patriotic about being British. This might cause you to have an ethnocentric attitude towards everything not British. Imagine further that you are with a group of like-minded friends. You say:

“Of course there’s no other country as good as Britain to live in. Other places are alright in their own way but they can’t compare with your mother county.”

(There are nods of approval all round. You are fitting in - **adaptive**). The people in the group are wearing England football shirts (This is the **self-expression function**).

Then imagine you go on to say:

“The trouble with foreigners is that they don’t speak English. I went to France last year and they were ignorant. Even if they could speak our language they wouldn’t do so. I call that unfriendly.

(Others agree with you and tell you of their similar experiences. You are making sense of things. This is the **knowledge function**). Then someone who has never travelled takes things a stage further...

“I don’t mind foreigners coming here on holiday...but they shouldn’t be allowed to live here....taking our jobs and living off social security. Britain for the British is what I say....why is it getting so you can’t get a decent job in your own country.”

(Now the others in the room join in scapegoating foreigners and demonstrating the **ego defensive function** of attitudes).

For Example... Let's contemplate the attitude of optimism. If you decide to have an optimistic and positive attitude in life, you'll be inclined to practice positive self-talk. Your dominant mental habits will include always seeing the glass half full, always giving people the benefit of the doubt, and always feeling a sense of hope and trust that things will turn out okay.

This attitude of optimism and the corresponding mindset of positivity, compassion, hope and trust would then drive you to take certain actions. You'd be more relaxed giving and sharing with others, you'd take more risks because you'd feel a healthy level of confidence that things would work out for the best, and you would give your all because you would see the opportunity in everything.

Can you imagine what kind of circumstances would occur for someone with an optimistic attitude? As if by magic, they would attract positive, generous people, work opportunities that were engaging and relationships that were fulfilling.

What Is Attitude? Where Does It Come From?

Attitudes are initially thoughts, whether conscious or not. If you think about an area in your life where you experience success, try and find where that success started. It no doubt first required a decision as to how you were going to act and behave in the world. For example, I changed careers when I was 27. I remember on the first day feeling so overwhelmed, and so far behind my peers. At that moment I made a decision I would be the best in my job in a year or so. And that eventuated. Now looking back I can see that I used positive self-talk to create a winning attitude that served me... an example of the power of positive thinking in action. That attitude to win literally came from the thought that I wanted to be the best on the job and it influenced all of my actions and behaviors at work. When there was extra to do, I gladly did it. And I always made sure my jobs were completed with thoroughness. This was all to serve my "winner" positive attitude.

What Is Attitude? A Good Attitude Is the Mother of Success

Your attitude determines how you'll be in a future situation, independent of the circumstances that present themselves. If you have a "go-getter," positive attitude at work, then you've decided before circumstances present themselves that you're going to come out on top. This powerfully shapes how you encounter different situations. The locus of control is within you, not your environment. You've predetermined the outcome even before the game has begun.

To know going into a situation how you're going to respond is powerful. And that explains why so many writers emphasize the importance of attitude in obtaining success.

What Is Attitude? You Choose Your Attitude

Now that you have a clearer understanding of the definition of attitude, can you see how you always have a choice in what attitude you practice? We all have attitudes in operation. They are the filters that shape how we interpret and respond to people and circumstances. Attitudes are habits, and since we become our habits it's important to choose them wisely.

You can't build anything without a solid foundation. The "A" is for Attitude - the foundation sustaining all successful people. Attitude is the "advance man" of our true selves.

The roots spread inward and are anchored in past experiences, and the fruit branch outward exposed for all to see. Attitude is both our best friend and our worst enemy. It is more honest and more consistent than our words.

It is a manner which draws people to us, or repels them. It is never content unless it is expressed. It is the librarian of our past, the speaker of our present, and the prophet of our future. Yet, who controls our attitude?

Your attitude is 100% within your control! There are plenty of things in life that we have no control over. For example, there is absolutely nothing we could do about how people react to us, or our products and services. All we can do is control the manner in which we react. Yet, so many people let the reactions of others determine their outlook for the day. Think about it; are you as positive, upbeat and driven on a day full of rejection or criticism as you would be on a highly successful day?

How do you react to failure? Do you walk away discouraged and complain about it or do you take control, stay focused, accept a lesson learned, and go on with your life? Success is based on good judgment and good judgment is founded on experience. The only way one can gain experience is through failure. We have to fail often to succeed once. This, and the way you react, is a reflection of attitude.

How you react, how you think, what you say to yourself or what you believe about yourself are all within your control and are portrayed by your attitude. You must first realize that your attitude is 100% within your control and then, learn to reflect, confirm and take hold of that attitude.

You must improve the attitude you hold towards yourself. Learn to overcome fear and to deal with rejection and failure in order to increase your productivity while saving time and money.

What is your attitude towards your organization, the team players and the products and services? Do you have an owner's mentality? If so, what would you do differently? Why are you not doing it?

You must address these issues and possess a strong belief before you can move forward. Otherwise, the negativity is reflected in your attitude and is portrayed in your body language.

If you don't believe in yourself and the organization that you represent including the team, the products and the services; then, it is time to find something you do believe in.

It is impossible to engage others to believe in your product or service, if your attitude projects the opposite. Are you ready to improve?

Maintaining a positive attitude

A positive attitude can help you cope more easily with life's challenges. But that's not all. A positive attitude can help with stress management and may even improve your health and wellbeing. While maintaining a positive attitude may seem to come more easily to some people, anyone can learn to develop one.

What You Can Do

Practice your gratefuls.

Focus on the positive by listing some of the things you're grateful for such as friends, family, shelter, and food.

Do this every day, if you can.

Be kind.

If there is something you don't like about yourself, embrace the change you want in a spirit of kindness and compassion. Being kind to yourself can be a difficult skill to develop, but it goes hand in hand with having a positive attitude.

Notice your thoughts.

Take note of exactly what you're thinking in different situations. Once you've identified your negative attitudes, pay attention to how often they pop into your head. Becoming aware will help you to make positive changes. For example, you might try thinking of something you're grateful for when you have a negative thought.

Schedules worry time.

Set aside a few minutes a day to think about or list your worries. If you find yourself feeling negative at other times, jot down the thought for the next day's worry time.

Question negative thoughts.

Does being negative make you feel safe, like you don't have to risk anything? Do you hide from success by believing that you don't deserve it? Do you wonder if you'll jinx yourself by thinking positive thoughts? Check in with your attitude and see whether or not it's helping you or preventing you from getting what you want.

Become your own biggest fan.

Do you tell yourself, "You'll never be able to do that"? How could you do well with someone constantly telling you that you can't do it...even if that someone is you? Tell yourself, "I can do it, and I will."

Remember the big picture.

Let go of the unimportant details. Stay positive by forgiving people, and by letting go of unimportant things like a stranger being rude.

Make time for doing what you enjoy.

Like puppies? Enjoy playing basketball? Take a stroll by the pet store or arrange to meet a friend to shoot some hoops. Having fun can lower your stress level and make you feel more positive.

Don't expect immediate success.

You can't change your whole attitude in an instant, but you can change. Give yourself room to grow, and don't be too critical of yourself if you slip into a negative attitude. Have patience and remind yourself to shift back into a positive gear.

Be present.

Learning meditation or other mindfulness skills often help people to feel more present and involved in their lives, and to enjoy the ride. Worry—which is often future-focused—takes us out of the present and may lead to more negative perceptions.

Focus on changing one negative attitude at a time.

If you try to do a major system overhaul, you may feel overwhelmed. Taking small steps and targeting each negative attitude can go a long way towards being more positive.

Scripture Verses about a Positive Attitude

One of the most amazing things to me about God is the fact that He created us with free will to choose to accept Him. Now I know the huge theological discussion that exists between Calvinists and Armenians over that first sentence but please don't get distracted by that thought but rather I want you to think about how God allows you and me to live and choose to follow Him or reject Him. That thought really is endearing to me. The Creator God did not need you and me or any of mankind to make Him complete or because He was lonely or anything like that but chose to create us and allow us to live freely in our thoughts and mind. I think this characteristic of God shows how blessed we are and directly should make our attitude towards Him be positive and always wanting to please Him. This of course is not the case as even well-intentioned believers will be distracted and fall into sin but the Scriptures talk about our attitude in both positive and negative ways and also show when we need a change in attitude, which will often result in a change of course (also called repentance). Consider the following...



God loves you the way you are but He loves you too much to leave you that way

***Psalms 45:7** you have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions.*

***Matthew 6:33** But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

***Acts 2:44** and all who believed were together and had all things in common.*

***Romans 5:1-2** Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.*

***Ephesians 4:4-6** There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.*

***Philippians 4:8-9** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

“The Creator God did not need you and me or any of mankind to make Him complete or because He was lonely or anything like that but chose to create us and allow us to live freely in our thoughts and mind. I think this characteristic of God shows how blessed we are and directly should make our attitude towards Him be positive and always wanting to please Him.”

Scripture Verses about a Bad Attitude

***Proverbs 3:5** Trust in the LORD with all your heart, and do not lean on your own understanding.*

***Ephesians 4:23** An to be renewed in the spirit of your minds*

***Philippians 2:5** Have this mind among yourselves, which is yours in Christ Jesus,*

***Colossians 3:10** And have put on the new self, which is being renewed in knowledge after the image of its creator.*

***James 4:10** Humble yourselves before the Lord, and he will exalt you.*

Bible Quotes That Show a Needed Attitude Change

***Matthew 5:22** But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.*

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