



SERIES: MY LIFE WITH GOD

Meeting Life with a Victorious Attitude

Lesson 1

Life Reference: Job 1

Focus Verse:

“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33).

The negatives of life are very familiar to all of us. Not even those who serve the Lord are immune to the storms and cares of living. Bad things do happen to good people. The danger lies not so much in what may happen to us, but the way those things can shape our attitudes and us.

Tribulation means distress or suffering resulting from oppression or persecution; *also*: a trying experience. Do these words apply in a greater measure to any man more than Job? Within a very short time Job lost his home, his cattle, his servants, and his children. The one remaining constant for Job was his wife, and she advised him to “curse God, and die” (Job 2:9).

When his friends came to visit, they stared at him for seven days before uttering one word, and even then it was to criticize and accuse him. What encouragement was left for Job? If anyone had a right to feel as though he had been cheated by life, a right to have a negative and critical attitude, it was Job. But his reply to all of this was:

“What? Shall we receive good at the hand of God, and shall we not receive evil?” (Job 2:10).



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Job realized that life is not fair and it does rain on the just and the unjust. But rather than charge God foolishly, Job said:

“Naked came I out of my mother’s womb, and naked shall I return thither: the LORD gave and the LORD hath taken away; blessed be the name of the LORD” (Job 1:21).

Job’s attitude was one of faith and confidence in the face of a terrible storm. It was this positive attitude that held Job so that he kept his integrity and in the end not only survived, but triumphed. Our attitude creates the atmosphere of our lives, governs our reactions, and therefore shapes our destinies. Whether we live a life of victory or defeat is greatly determined by our attitude.

Life Reflection:

Have you ever felt like Job—that everything in your life as you have known it has been stripped away?

How did you face your time of testing and trouble? Was your attitude one of confidence and faith or defeat and negativity?

Were those around you encouragers or rather “Job’s comforters”?

There are simple choices at the root of life. For us, like Job, one of the most basic is the choice of attitude or spirit in which we will live. William James said, “The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

No attitude is automatic. We are not born with a good attitude or a bad attitude. While tendencies toward optimism or pessimism may be genetic, in the end we must each day decide our outlook. None need be bitter and broken by life. Our attitude is ultimately a choice.

A positive outlook and mentality is not the result of having only good things happen, but are the product of an inner life that overcomes the negative by refusing to become negative. Someone said, “Life is ten percent what happens to us, and ninety percent how we react to it.” It is true that we cannot control the negative atmosphere of the world around us, but we can choose to control the amount of that negativism we allow to take root in our minds and hearts.



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Life Reflection:

Do you consider yourself to be an optimistic or a pessimistic person?

Can you think of a time when you excused your negative feelings by placing the blame on life treating you unfairly or even the actions of others?

What steps can you take to develop a more optimistic spirit?

"We cannot choose how many years we will live, but we can choose how much life those years will have" (Anonymous). We may change, grow, and leave one attitude and embrace another. If we recognize in ourselves a tendency toward pessimism, anger, depression, or negativism, we can choose to remain a victim of our lives and those around us or we can change.

Life Response:

The greatest day in our lives is the day we take total responsibility for our attitude. That's the day we truly grow up!! Responsibility means the quality or state of being responsible either morally, legally, or mentally. A negative attitude blames circumstances or people for the difficulties in life rather than accepting the situation and dealing with it personally. If we are grumpy, we say, "I got up on the wrong side of the bed." If failure at something plagues us, we say, "I was born on the wrong side of the tracks." And when nothing seems to be "happening" in our lives, we say, "Everybody else gets the breaks, not me."

A positive attitude recognizes that blaming others has no benefits. Instead, it focuses on the good things that are happening in life. It draws strength from the higher view. This is what the Psalmist no doubt meant when he said:



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"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth" (Psalm 121:1-2).

My Prayer:

O Lord, help me to replace any negative attitudes with a positive outlook. Let me always remember that You love me and are my help and strength. Transform my thoughts to feel faith and hope despite the circumstances of my life. You have promised to never leave me nor forsake me. My confidence is in You and with Your help I will triumph.

More Life with God References:

Deuteronomy 7:9
Romans 8:35-37
I Corinthians 10:13
Ephesians 4:18-20
Philippians 4:7-13
Hebrews 10:23
I John 5:4

(Adapted from *This Is Life . . . And I Need Answers*, ©2004, Word Aflame Press, Hazelwood, MO 63042.)



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