

Positive Mental Attitude Dynamics

“As a man thinketh in his heart so he is”

Intro

Basically we have seen that success and happiness is won or lost in the heart. What a man thinks and believes determines whether he or she is: a winner or loser in life; it determines courage or cowardice, hope or despair, confidence or anxiety, moving ahead in life or stagnation, taking advantage of opportunities or walking away from them, joy or misery, love or unforgiveness, health or sickness, having friends or being alone, blessings or loss of blessings, optimism or pessimism, spiritual self esteem or lack of self esteem, prosperity or lack of it, being promoted or not, victory in the angelic conflict or defeat; basically one’s mental attitude determines just about everything.

If something as simple as thinking and believing are so vital to the believer’s life, then we need to learn, understand, believe and practice all the concepts we can find connected to positive mental attitude dynamics. **The Word of God tells us,** *“Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy- think about such things. Whatever you have learned or received or heard from me, or seen in me- put it into practice. And the God of peace will be with you.”* Philippians 4: 8,9

Things such as:

1) having a positive mental attitude in life toward life, **2)** believing God’s promises and living by faith, **3)** developing enthusiasm, **4)** thinking on the positive side of life, **5)** thinking about positive things, **6)** being healthy and the healing of the spirit, soul and body, **7)** the spiritual mental attitude of agape love, **8)** being a forgiving person, **9)** insulating or isolating yourself from negative people, **10)** prayer while suffering, **11)** fellowshiping with God, **12)** developing and utilizing a procedure or check-off list to drill ourselves on God’s promises, **13)** practicing forgetting the things that lie behind and pressing forward to what lies ahead, **14)** thinking on positive concepts, **15)** getting rid of the roots of bitterness, **16)** encouraging each other toward faith, **17)** being filled with the Holy Spirit, **18)** putting on the armor of God, **19)** walking circumspectfully avoiding negative people, who can infect us with their negativity, (it’s easier to prevent negativity and bitterness from entering into our souls, than it is to get it out), **20)** seeking wisdom and the face of God each day, **21)** confessing our failures and sins, **22)** developing a plan or procedure whereby we practice these mental attitude dynamics each day, instead of drifting along with the tide you take the initiative, **23)** having the attitude of victory, **24)** having a personal sense of destiny, **25)** rejecting disapproval, **26)** prayer a conduit for positivity. **It might be helpful to print these twenty-six points up as one’s own personal checklist to refer to!**

With the declining morals in America, the destruction of our nation by those who hate its biblical principles, the departure from truth, even common sense, the apostasy of Christianity, the loss of community, social problems, health problems that have escalated from minor to serious, internationalism and all the other ills of our society, **we need to have a positive mental attitude now more than ever, and this study is designed to help us develop one!**

1. A Positive Mental Attitude in Life toward Life.

When we're talking about mental attitudes we're talking about a mindset, a philosophy, one's outlook on things, or viewpoint. **It's how we look at things**, at life, at our problems, our relationships, our health, our souls, what will happen to us in life, in short, everything. **And there are only two options available to us in our outlook, either a positive one, or a negative one.**

Many, many people are totally negative, a very, few people are totally positive, while the majority of the people are somewhere in between, a little positive, and a little negative, but even with them they are mostly negative.

A positive mental attitude (PMA) is where the individual, although they recognize that the negative side does exist in life, (the good and the bad), **choose to think only about the positive. They choose to think about life, people, and problems- everything- on a positive note.**

A PMA embraces and operates by: forgiveness, agape love, hope, faith, enthusiasm, looking for the good in a situation and with people; finding nice things to say about people, instead of criticizing them, being thankful instead of unthankful; thanking God, instead of complaining; believing that things will work out, instead of believing they won't; confident toward the future and not despairing, optimistic not pessimistic; looking forward to the future not backward at the past, having no regrets; forgetting the things that lie behind; they live in the present and have a good mental attitude (m/a) toward the future.

The Christian can do this because we know that God has saved us by his grace, that he has a perfect plan for our lives, he is with us every step of the way; he will protect us in life; he will provide for us, that life is an opportunity to serve him in the angelic conflict, that life is our opportunity to gain rewards for eternity, that he has made us kings and priests and that we will rule with Jesus Christ forever in the presence of God. There are many doctrinal reasons why Christians can have and are to have a PMA about life!

It must be noted that a PMA is not something that some people have while others don't due to their genes. Although one's environment while growing up in life does shape somewhat a positive or negative bent toward life, it is still a choice and a discipline that one must develop and practice every day. Some may have had to start lower down on

the positive-negative scale to have a PMA, but they can do it. It'll only take, perhaps, a little longer for them and the road may be a little rougher with more to deal with, but they can become a totally positive individual.

First of all, it takes a decision to become a PMA person! One must sit down and say, "I'm tired of being like this and I want to change!" **Secondly** there must be a commitment toward that goal. Each day you wake up you are committed toward being positive that day. And **thirdly** the daily, even moment-by-moment mental discipline to live by the PMA principle, and in time you will have one. Each day we wake up we must choose to think, act and speak on the positive side, and live by faith in the Word of God.

2. Believing God's Promises and Living by Faith.

This is the most important aspect of having a PMA, for from it flows all the other positive thinking concepts. It is by faith that our spirits are renewed; we are strengthened spiritually, mentally emotionally and physically, that we have hope, that we develop the concept of faith ideas, that we act upon our faith ideas, that we are encouraged, that we drive away negative thoughts, that we develop courage, that motivates us to go forward in life not backward, that we keep our forward momentum and many others.

Much has already been taught on this subject, but suffice it to say that **if the believer wants to develop a PMA, then he or she is going to have to discipline him or herself daily to believe God's promises.** Not just go to church, not just to listen to tapes, but to have their own personal protocol where they go over God's promises, thinking about them, memorizing them, believing them and living by them everyday!

A good approach to doing this is not to leave anything to chance, **but to develop a disciplined, thought-out procedure whereby you go through the Bible,** say the book of Psalms, Proverbs, the New Testament, or any other place, and pick out the promises that encourage you, that speak to you, apply to you, **then write them down on 3x5 cards** for portability, and on notebook paper for around the house, and then go over them each and every day. Read them, quote them out loud to yourself, (or silently), memorize them, think about them, occupy your mind with them so that you not only know them and believe them, but so that they absorb your thinking; and then keep adding to the list as the years go by.

So each day you start with the first one and it'll trigger the second one on the list, so that your mind will eventually go on down the whole list, or for what you need for that day. Start and finish each day with them, and during the day pull out the list and go over them again to refresh yourself. If you come under a pressure situation, or are in a trial, mood or whatever, go over them again and again.

The point is **faith in the promises of God is the dynamic** that transforms the believer's soul along the lines of positive spirituality, but it is also the thing that prevents our thinking from being overcome by the negativity of people and the world. Faith in the

promises of God is the foundation of the believer's PMA, but it is something that the believer will have to discipline himself to do.

3. Developing Enthusiasm.

Some of the concepts connected with enthusiasm are: being excited or energized about something, being animated, optimistic, really wanting to do it, not being concerned with the difficulties involved or the impossibilities connected with it. When one is enthusiastic doubts, negative thinking, difficulties, even the practical things that are involved do not enter the picture. **It sees nothing but the attaining of the goal or idea.**

It's a positive energy that energizes the whole person to the point that it motivates the person to go out and do it. The sad thing about enthusiasm is that it comes and goes and we don't have enough of it in our lives; plus the negative types, which there are so many of, will do everything in their power to rob us of it! **How many people have robbed us of our enthusiasm when we've had a great idea?**

But we can develop an enthusiastic personality! Not that we will be enthusiastic 100% of the time, which would be fantastic, but that we will be much more enthusiastic in our life. **Ask yourself this question, "What do you want to be in life,** morose, depressed, defeated, feeling like you're a loser, not even wanting to come up with faith ideas because you already know they won't work, or enthusiastic, enthusiastic about life, enthusiastic about your life, enthused about what you're going to be doing?"

I guess we could say that enthusiasm is that state of mind where there is no doubt or negativity, that it is 100% charged toward an idea, not that the idea is any good, but we are enthused about it! **The issue is not the idea, but our state of mind.** We can become more enthusiastic in life to the degree that we have a positive m/a; for enthusiasm proceeds out of a positive m/a environment. If you don't believe it, see how much enthusiasm is generated by negativity-none!

One does not become enthusiastic by concentrating on enthusiasm, but by concentrating on faith, having a PMA, the filling of the Holy Spirit, on being around positive enthusiastic people and on agape love. It is these things that create the background, the environment for enthusiasm to develop in. **Enthusiasm is seeing the possibilities! And we're to look for the possibilities with the eyes of faith!**

PMA people can be enthused by themselves and by other people, while negative people are never enthused about anything. If you are enthused about positive concepts, the surest and quickest way to lose your enthusiasm is to talk to **negative-minded people** about them. They only rarely, if ever are enthused about positive concepts, but they also destroy it in PMA people; **avoid them like the plague!**

Probably the shortest and best definition of enthusiasm is this:

**Enthusiasm is seeing the possibilities and believing it can happen!
Enthusiasm comes to us when we see the possibilities and believe they
will come to be!**

Do you want enthusiasm? Do you want to be enthusiastic about life, about your life? Do you want to have that grand swell of emotion, if you will, that says, “I can do it; I can do it with Christ’s help”? Do you want to look at an idea, a project, at you life with the happy attitude of “I can do this”? **Then make a decision;** make the decision that from this day forth you are going to be an enthusiastic believer and go after it! **Life is short, so “seize the day” with enthusiasm!**

4. Thinking on the Positive Side of Life.

Ever since the fall of Adam and Eve in the garden good and evil have been with man on earth. There is good and there is evil in the affairs of man; there is the positive and there is the negative; there is that which is constructive and that which is destructive; there are things that are profitable and things that cause loss.

The principle of positive and negative is found in every category of human existence: conversation, morals, economics, law, business, thinking, actions, associations, relationships, teachings, memories, feelings, health approaches, training, opportunities, healing approaches for the body, decisions; everything in life falls into either the positive concept or the negative.

What this deals with is two things; first of all, **it recognizes that both concepts do exist**, the positive and the negative; and second, one **makes a decision to think, act and live on the positive side**. What this means is that when one is confronted with the many things that interact with us in life, as mentioned above, then we catch ourselves and decide that we are going to look, think, conclude, act, talk and feel on the positive side of it; **we’re going to avoid the negative and go over to the positive side**.

There is nothing in life, outside of grace, faith and truth that is 100% positive or 100% negative. There are always some positive concepts that can be found in the negative, and some negative things that can be found in the positive. **What this principle does is always look for the positive side of it**. What it means is that one is now going to find the positive there is and focus on that. Some will say this is Pollyannaish, that you’re hiding your head in the sand, but that’s not really true.

What it means is that you **recognize** that there are bad things, negative things; you know they are there, **but you are choosing to think only about the positive!** After all, what good does it do to dwell on the negative? The Philippians 4 passage tells us to let our minds dwell on basically things that are positive!

For example, everyone has had a certain number of successes and failures in life, usually more failures than successes. Now if a person thinks only about their failures, then they

will become **failure-oriented** in their thinking, and their outlook toward life will be that they will fail at whatever else they want to do. But if they're **success-oriented**, then their outlook will be that they will succeed in the things they want to do. **They recognize that they have had failures in their lives, but they don't let their minds dwell on them!**

5. Thinking About Positive Things.

Thinking on the positive side of life dealt with making a decision to have a positive mind set toward life, while this one deals with the practical steps, the mental discipline, the daily choices we need to make to make this happen. **Remember, there's always a positive way out of every negative situation; we have to just look for it! And, are we always pointing out what's negative in life, or what's positive!**

For example, you're in a conversation with someone and someone else's name is brought up; and the one you're talking to **begins to criticize** the other person bringing out his or her faults. **How do you handle this with a positive approach?** One, you can say, "I don't want to talk about this". Two, terminate the conversation altogether. Or, three bring out their positive qualities that we all have faults and that it's not wise to talk about others.

Positive-minded believers don't deny that **people have personal faults**; they recognize that everybody does! **They just refuse to dwell on them or talk about them!** After all, what good does criticizing do them or you? And it would do well to note that God is watching and he deals with the believer who criticizes others, especially those who criticize our Christian leaders in the churches, "*Judge not, lest ye be judged*".

Or suppose that you just got laid off from your job, now how do you handle it? **Negative thinking** would dwell on the unfairness of it all, bad-mouthing the company or the boss, maybe even some bitterness, anger, self-pity and some revenge tactics. While the **positive approach** would be that God has got something better for you, new opportunities, travel, promotion, freedom, a beneficial change in your life! Which is the better approach?

Or there has been a downturn in the economy resulting in less business, less hours worked and less money coming home. **A PMA would say** this will give me more time to spend with my family, to go camping, to go on a picnic, maybe get into a new line of work, maybe it's time to simplify our lives, maybe we got caught up too much in the "rat race"; maybe it's time to downsize, simplify and get rid of the things that we really don't need and get back to basics.

Or losing a loved one in death has come to you. The **negative mindset** would be bitter and angry with God for taking them away, or allowing this to happen. Or to be angry with the one who caused their death, if that was the case. They swear to themselves, "I'll never love anyone again, or allow myself to get close to anybody". While the **positive mindset** would be thankful for all the time they had with them; committing themselves to be more loving and closer to the ones they have left and live life to the full with them.

Some have hurtful memories from the past. Maybe you were hurt, neglected, rejected, abandoned, or abused by people in your life that were close to you, family, friends, etc., and now they're gone or dead. The **negative approach** would be to nurse old wounds, to still be bitter and angry with them. While the **positive approach** would be to forgive them, love them and remember the good things about them, to remember seeing them laugh and have fun, the trips you took together, of Dad tinkering in the garage, or Mom baking bread or a cake. And if you can't remember one good time that you had, think about their character and what they stood for. And if you can't think of one good thing about your parents, (which is highly doubtful, you don't want to), then love them with agape anyway!

One of the problems of thinking on the negative side of life, instead of the positive, is that **we allow the bad to outweigh the good**, until our souls are permeated with the bad. The New World Order, the evil tide sweeping the country, the 666 beast marking system, national ID cards, the apostasy of the Church as it turns away from Bible Doctrine are some of the negative things going on today.

One can approach this from the standpoint of frustration and righteous anger, which all who love truth and this country know about, but we can also take the PMA approach and **realize that God is on the throne, that Jesus Christ rules over nations and history, that God is working out his purpose, that God has a plan for our lives and that we are getting closer to Christ's return to earth.**

Crushing disappointments happen to us in life, but with a PMA we will be able to keep them from being set back by them. The PMA approach would ask, "What can I learn from this?" The PMA would apply the "will of God" principle to it. It will say, "*In everything give thanks for this is the will of God in Christ Jesus concerning you*". And, "God is going to cause this to work out for my good!" Isn't this a better way of looking at things, rather than being bitter and angry saying, "Nothing ever works out for me"?

One can look at their **health problems** from the standpoint of God causing them to work out for my good, or that all adversity is not sent to punish, or that they are opportunities for spiritual and emotional growth, or opportunities to draw near to God and fellowship with him through faith and prayer.

There's even a PMA approach to looking at the **day-to-day irritations of life**, such as, bickering kids, marital disharmony, traffic, the job, etc. All have a downside to them, but **there is a positive side; you just have to look for it!** How would you like to be alone, with no spouse and no children? The positive side is that you have someone to live with in life! Concerning traffic, forget the jerks honking at you, pray, pray for their souls, enjoy the scenery, go over the promises of God, use the time wisely. You have jerks you have to work with for, be glad you have a job! At least you don't have to live with them.

6. Being Healthy and Healing of the Spirit, Soul and Body.

Believers with a PMA want to be healthy in every respect, while believers with negative m/a's don't. It goes back to how they think and feel about themselves and about life. If their m/a is positive, then they're going to want to improve themselves and their life; if it's negative, then they don't care.

A PMA is going to believe that he can get healthy, or healthier, and will take action to get to that place. While a negative m/a won't care, and if he did; he wouldn't want to do anything about it, for after all, what good would it do? A negative m/a is already defeated that's why there is no growth, no healing and no forward momentum.

Basically a lack of health in our spirits, souls and bodies is attributable to a negative m/a. The thing one must do is concentrate on a PMA, which will put us on the path of health and the healing of the spirit, soul and body. But there is something we can do in this area to help developing a PMA and that is **to want to be healthy!** And wishing you weren't unhealthy is not the same as wanting to be healthy. To want is a function of the will where you make a decision to go after it, while wishing is just that, wishing. People wish for all things, but don't have them, because they don't want to do what is necessary to have them.

There is the principle of undeserved suffering in life for believers, but that is not to be misconstrued to think that God wants us to be sick, miserable, diseased and unhealthy. God wants us to be healthy in every area of our lives, and that is the thought we need to hang on to as we decide to go in that direction. Health does contribute to a PMA and vice versa.

We are somebody that Christ loves and died for and we need to have love, respect and a caring attitude toward ourselves. **And it is as we go on toward having a healthy lifestyle we will find that our m/a will become more positive. It's sort of like they feed each other.** Have you ever noticed that when you eat loads of junk food that you find that your m/a gets down and you often end up sick? It's hard to have a PMA when you're sick and depressed lying around in bed.

But make no mistake about it; **just wishing you were healthy is not the same as wanting to be healthy!** One is merely a wish, while the other involves a decision, commitment and discipline. **You will also find that a healthy spirit, soul and body are by-products of a PMA.** For the believers who are positive to the Word and are unhealthy, you will usually find something in the soul, a problem not dealt with, either in their thinking, viewpoint, outlook, or emotions that is behind the poor health. It may be emotional scar tissue; bad information on what is the proper approach to health, or a violation of certain laws pertaining to the health of the body.

7. The Spiritual Mental Attitude of Agape Love.

This study is on developing a PMA and the dynamics that need to be utilized to accomplish this, and without question **there is nothing more important than the agape m/a!** When we're talking about agape we're talking about a m/a that is spiritual and it has

certain and many characteristics in it. It is positive, non-judgmental, relaxed, has a live and let live attitude, optimistic, calm, positive toward the future (hope), not bitter, not angry, forgiving, inspires faith ideas and many other wonderful things.

Agape is the very m/a attitude of God and his Son, the Lord Jesus Christ. It is how they look at life, people, the future, eternity, situations, and if we want to understand more about it, all we have to do is look at these things. **It is recovered in us by our confession of sins to God, and is perpetuated by living by faith in the Word of God under the filling of the Holy Spirit.**

It cannot be emphasized enough how important the agape m/a is in developing and maintaining a PMA! Hope, love, peace, forgiveness, an over reasonable m/a toward people, grace, mercy, faith enthusiasm, optimism are all PMA's that come from agape! If we're going to develop and have a PMA in life, then the thing that we're going to have to maintain is agape love.

Have we forgot how positive the agape m/a is? Instead of being bitter and angry we're relaxed and calm; instead of being intolerant, judgmental and demanding on people we're patient; instead of being negative toward the future expecting things will be bad, we have confidence that they'll be good- that's hope; instead of holding grudges having to struggle with forgiving people there's nothing to forgive; instead of fear there's courage; instead of worrying we are calm and focused. It's not envious, jealous, selfish, self-seeking, not easily angered, kind, always trusting, always hoping and always persevering.

Can we not see how positive the agape m/a is in every aspect of life and how all the things that are negative are completely outside of it?? How important it is for us to have it so that we can possess and maintain a PMA ourselves. If you want a contrast, then look at it this way, the mind of God is 100% positive, while the mind of Satan is 100% negative.

Agape possesses all the softer virtues without being subjective, things such as, kindness, patience, gentleness, graciousness, mercy, tenderness, compassion and understanding. Are not these all positive concepts? When dealing with people it manifests a "live and let live" attitude; it wishes them well; it is patient with them; it not only is forgiving; it doesn't even need to forgive because it doesn't take into account the wrong suffered.

When dealing with trials it's patient, it endures, it perseveres, it trusts, it relies on God's provisions; it knows that God will work it out for your good; it has a positive rationale toward it all. **When looking toward the future** it has hope; it is not afraid of the future because it knows that God will be there; it moves forward into the future with faith and confidence in the Lord. **When dealing with projects** or endeavors it doesn't run from them, but wants to move ahead, to move forward, and to try new things.

Agape love inspires faith ideas and faith dreams, it hopes, it imagines, it creates, are these not all positive ideas? **And they are all inspired by agape!** If we want to develop a

PMA that is predominantly positive, overwhelmingly positive, totally positive, then we need agape, which comes to us through the filling of the Holy Spirit.

When we are talking about agape we are not talking about a human attitude, something that God desired for the royal family of God, but the very m/a of God! It is the m/a of God that he has toward life, the angels, man, and fallen man, time, and eternity- everything! There has been so much taught on it over the years that gives us an insight into it, but suffice it to say that the important thing is to appropriate it and live by it in life, **and to the extent that we do we will have a PMA.**

When we are filled by the Holy Spirit and agape is circulating in our stream of consciousness: we won't let things get us down; we will always have faith, hope and a doctrinal rationale to apply to every situation, when confronted with the overwhelming negativity of the masses; it will motivate us to remove ourselves from them so we can refresh ourselves with positive concepts, when confronted with failure or disappointment; it will spur us to try new things. **Agape is 100% positive!**

8. Being a Forgiving Person.

I know this comes under the concept of agape love, but this is to bring our attention to things that we need to be aware of and work on because we're going to be developing a PMA. **The first thing we want to notice is that unforgiveness is a negative concept in every respect.** It shows that we're locked into anger, bitterness, resentment, pride and implacability, and it is impossible to think positively in that mental and emotional environment.

Confession of the sin and forgiveness of all those who have wronged you, or think who have wronged you, is the only way out of the problem! It is the door out of the room of negativity into a PMA, but some refuse to do this. In Acts 18:18-24, where a man named Simon tried to buy the gift of the Holy Spirit; it's interesting that the issue appeared to be money on the surface, where, in fact, **the issue was his bitterness.**

Now God has certain ways of handling believers who persist in their unforgiving heart, going from the gentler approach to the harder one. One, **he teaches them, is gracious to them and manifests patience with them.** Two, we do it to ourselves through **self-induced misery**; maybe if we get miserable enough, we'll stop it. Three, God steps in with **divine discipline**, maybe this will get through to them, especially when added to the self-induced misery! Four, by turning them over to the **Tormentors**, demons who are the experts in hate, bitterness and anger. When they're through with the believer, and if still alive, they will remember this lesson.

You can't have a PMA if you're an unforgiving person- period! Preferably it's better to constantly maintain an agape m/a because you won't need to forgive anyone, **for with agape love a wrong suffered is not taken into account.**

The philosophy that PMA believers operate by, (not the masses), is that they don't have the time to waste on negative energy. They know that unforgiveness, even just getting upset over people, is not only a time-waster, but even worse, it drains all the positive concepts from them that they worked so hard to develop; and they know how hard it is to get out of the cesspool of negativity into the beauty and freedom of the positive lifestyle. They have a journey to make in this life, and they know that they can't walk it while they're wallowing in the cesspool of negativity.

9. Insulating or Isolating Yourself from Negative People and Things.

Separation, whether being set apart by God or setting yourself apart from others, is taught all the way through the Bible. **The reasons for separation** are to prevent the erosion of our norms and standards into legalism or lasciviousness; to avoid God's discipline on us through our own actions or by our associations with the wrong people; to prevent us being drawn away from the faith-rest life; to prevent us from being drawn away from Bible Doctrine; to prevent the erosion of our PMA down into negativity and to prevent loss of blessings.

The Apostle Paul wrote, *“And pray that we may be delivered from wicked and evil men, for not everyone has faith”*, 2 Thessalonians 3:2. *“In the name of the Lord Jesus Christ, we command you, brothers, to keep away from every brother who is idle and does not live according to the teaching you received from us.”* 2 Thessalonians 3:6.

It cannot be emphasized strongly enough the importance of believers staying away from people who are negative to: grace, faith, doctrine and away from those who are basically negative in their m/a's: the critical, the bitter, the “naysayer”, the “yeahbuts”, the “well-you-know's”, the “shot gunners”, the blank stare types, the “smiley-faces”, those who smirk at you, the condescending snobs, the people who look at you with the “pity the poor idiot look”, those who don't want to believe, those who don't want to live by faith and sabotage your efforts to live by faith; these are the non-faith crowd.

And not only to do we have to **avoid negative people, but negative things also:** music, books, entertainment, and movies, information input, that aren't positive, uplifting, honorable, soothing and melodious. Whatever the source of the input is into our minds and hearts from music to ideas, if it isn't positive, true, uplifting and biblical, then we must stay away from it.

As we have seen positivity is an energy that can be stored up inside, like a battery, to be used in life for all sorts of things. It can be built up, developed, by applying the techniques taught here, but it can also be drained off. **And it is drained off as we either react or interact with negative people and things.** A typical scenario is talking about people, which would be a reaction, and talking to negative people, which would be interaction with them.

In the normal flow of life positive energy will be used, thereby depleting it in your soul. The believer then must go and refresh himself in the Lord to **build it back up**. At least it

is being used for positive constructive concepts. Life then becomes a continuing concept of using and replacing the positive energy. **How we accomplish this is through believing the promises and doctrines of God's Word under the filling of the Holy Spirit, thus creating the spiritual phenomenon called *epignosis*, which in turns renews us on the inside, thus recharging our spiritual batteries.**

Even as we are doing the right things we will still drain our energy; the problem is positive believers doing the right things will sometimes forget or neglect to go to the Lord and practice the things they need to do to replace the positive energy concepts back into their souls. Believers doing the will of God for their lives in the Angelic Conflict are constantly draining their energy, so they have to go back to the Lord for spiritual renewal and refreshment.

The big problem is the draining of our positive energy by negative people and things! It happens to us, and we're not even aware of it at times. And it only comes about as the **result of negative people and things that we let get close to us!** And the closer we allow them to get to us; the greater is the drain of our positive energy, faith and PMA! We can have a significant drain our positive energy by coming in contact with negative people, even for a short period of time, through personal contact or conversation, even by being in close proximity to them.

It is inevitable in life that we will meet, work with, and come in contact with these types, either on the job, at the door, in a store, or social gatherings. **The positive believer will sense that something isn't right.** After being around a negative individual, or talking to them; he will sense that something about them is disharmonious with his own positivity. **What the positive believer must do is break contact with them as quickly as possible to prevent the loss of their positive energy.**

The drain of our positive energy will occur two ways, one, is a **quicker short circuit to ground**, the other is a longer "**trickle down**" concept to ground **depending on how close you allow them to get to you.** The closer they get to you the faster you're positive energy is dissipated. The source of negativity will come through friends, coworkers, family members, business associates and acquaintances that are negative. How close we allow negative people to get to us will determine how fast our positive energy is drained off. **Emotional contact is what makes the connection, but the filling of the Holy Spirit and agape love breaks it.** Being around negative people with no emotional contact with them is like the trickle-down idea; just being around them drains off our positive energy. **But if we have an emotional connection with them, then it's like taking a wire and shoring it directly to ground.**

Positive energy, like a battery, is designed to do positive things. We use our batteries to start our cars, power our flashlights, and listen to music and all sorts of things. What profit is there, then, to take a good battery and drain it to ground? It's a waste of its energy! And that's what we do to ourselves when we hang around negative people in our social life, or come in contact with negative people and don't break it off; **we're just**

allowing our positive energy to be drained into the ground! It doesn't do them any good and it doesn't profit us either!

This is where **insulation or isolation** comes in, which is basically the idea of separation. **Isolation** is where we separate ourselves from negative people regardless of who they are: family, friends, coworkers, and business acquaintances, even other Christians. For not all Christians are positive; many, if not the majority of them are negative in one area or another.

But even though **isolation must be practiced**, (and that does not mean isolating yourself on some mountaintop like a hermit); it cannot be applied in every situation, for it is not always possible or practical. But there are some things that we can isolate ourselves from, and we can have **places of isolation**: places such as our homes, the churches we attend, avoiding certain social gatherings, while in our cars can be places of solitude, a quiet area in the work place, a patio at home, a spot in the back yard, little places of min-isolation. Believers need places and times of solitude where they can isolate themselves, if only for a while, from the negativity found in the world, so they can have some peace and quiet and refresh their batteries, so to speak.

Now for the times where we can't totally avoid negative people, where we can't isolate ourselves from them, such as, customers in the store where you work, coworkers on the job, students at school, business associates, social acquaintances, etc., there are things we can do to **insulate ourselves from their negativity**. You can find an area at work to go be by yourself for a while, or a bench on the school grounds, little out of the way places where you can be alone.

And if one can't physically get away from them, insulate or isolate, there are other things that you can do to **insulate yourself from their negativity**. If you meet somebody who's negative, then be polite, friendly, manifest an agape m/a toward them and then politely excuse yourself, unless you're giving out the gospel to them. You can't avoid certain people at work? Then be friendly and cordial and don't interact with them any more than the job calls for. Family members and relatives that you would just as soon not be around? You do have a choice; make the decision to not be around them. Or if you are, then follow the same procedures mentioned. Manners, courteousness, professionalism, the agape m/a and minding your own business are how we insulate ourselves from those that we can't isolate ourselves from. But, even then, we will still have to go off by ourselves for a while to renew our PMA.

Basically isolating or insulating yourself from certain types is **putting distance between you and their negativity**, so that their negativity does not drain off your positivity. And remember, **it never goes the other way, your positive energy will never flow to them, but their negative energy will flow to you**. Positive believers, who are sensitive, will have more of a problem in this area; some believers are really sensitive to these things.

Negative people speak negative words; negative words carry negative energy, this is what drains our positive energy as we try to counteract it. Negative people have

negative energy and we will be impacted by their negative energy by talking to them, or just being around them! Insulating yourself is what you must do when it is impossible, or impractical to physically remove yourself from their presence. Maintaining the filling of the Holy Spirit, the agape m/a, does this and prayer and claiming the promises, along with being emotionally detached from them is how we insulate ourselves.

10. Prayer

We had seen in James 5:13, that **if we're in a down mood we're to pray**. Can we expect to have a PMA in life if we're down about something? Prayer is so beneficial for the believer. We can talk to God, pray about our problems, confess our sins, petition him with our requests, go over his promises and encourage our faith.

If we wanted to simplify things we could say that **God is the source of all things pertaining to the true positive, while Satan is the source of all things negative**. God is not depressed; he is not afraid, or worrying; he is not in despair or hopelessness; he has no doubts; he possesses all things pertaining to the true positive perfectly and infinitely.

In life there are a lot of things out there that can hammer our PMA down dragging us down into fear, worry, anxiety, anger, depression, misery, despair, pessimism, negativity and resentment. **Prayer is an effective provision that can help in our recovery of the PMA**, for what is prayer but our communion with God where we spend time in his presence. Do we not go to God for the answers to our problems, for help, encouragement, strength, comfort, protection, hope and healing? Then it would stand to reason that we go to God for him to grant us a PMA and spend time with him until we get one!

None of us really understands how it all works, but as the believer spends time in prayer with the Lord, confessing his sins, praying, believing, claiming the promises, getting back to operating in the new nature instead of the old, the Holy Spirit fills us in our human spirits and all the wonderful positive things of God are imparted to us.

God has blessed us with every spiritual blessing in Christ, Ephesians 1:3. This is something that we need to stop and think about; God has granted to us every spiritual blessing that he has: love, joy, peace, hope, comfort, strength, a positive attitude of victory, etc.. He wants us to utilize them, to experience them, to enjoy them, and we need to believe that and receive them from the Lord.

11. Fellowshiping with God.

Fellowshipping with God occurs through prayer and the filling of the Holy Spirit as we spend time with the Word of God. But what this looks at is not only doing this as a practice in life, but more along the lines of spending time with a friend.

God is our Savior; he is the one we are to worship and obey, **but there is also the idea of having a relationship with him as a friend**. And as a friend we would want to spend

time talking to him in prayer, enjoying his company, and as the result, the wonderful spiritual dynamic that he possesses will flow to us.

12. Developing and Using a Faith-Rest PMA Check off List.

This is not only helpful, but also necessary due to the weakness of the flesh, the pressures of life, the many distractions in our daily routine and the opposition of the devil. **We need a discipline, a routine, a procedure that we can follow each day to get our minds and keep our minds on positive concepts; something that we can start each day with and refer to during the day.**

This list will be made up with the promises of God from the Old Testament and the New Testament; promises that strengthen us, encourage us and give us hope; verses that deal with the problems that we are having and going through. In addition to that we need to collect sayings that are positive, uplifting and encouraging in nature; things that are true and honorable, as per Philippians 4 that we can think about.

It's all about developing a PMA and doing whatever has to be done to accomplish that. Sometimes we have to force and discipline ourselves to do that. Not saying that we can't have a PMA without doing this, but for a lot of people it's helpful for them to make up a list of promises and positive truths that they can go over each day to bring their thinking around to the positive side. **In time, due to a frequent daily reviewing of these things, many of them will be committed to memory and more added on as one goes through life to the place where one's mind is saturated with positive thinking.**

13. Forgetting What Lies Behind and Moving Forward to What Lies Ahead.

"But one thing I do: Forgetting what lies behind and straining forward toward what is ahead." Philippians 3:13

In every believer's life there have been good things and bad things, good experiences and bad experiences, joys and heartbreaks, good times and bad times, loves and lost loves. Life is made up of all kinds of experiences from crushing disappointments and sadness to overwhelming joy and successes. **But the one thing they all have in common is that they're in the past!**

Good, bad, or indifferent they are all behind us. **The key is what do we do with them?** How do we look at them? Are we looking at the bad, or the positive? Because what we do with them, how we look at them will determine how we will look at the future and what we will do in the future! **The past can't hold us back if we forget it, and that includes the negative experiences of childhood.**

Negative situations in the past do not necessarily mean bad things await us in the future! And good things in the past do not necessarily mean that there will be good things waiting for us in the future. **The future is all uncharted waters.** The key lies in what we do with them. Have we experienced bad things? Then is there a lesson we can learn from

them? Can we find something positive in them? The answer to both is yes. Once we can do that and be thankful for them, then we can forget them and move on.

Have we experienced good things in the past? The answer is yes, and it is easy to find the positive in them, but what can we learn from them? **Try to determine how the good things came about**, be thankful for them, and then factor it into your life to build upon them, expand them spiritually and practically for further successes, joys and good times.

Let's say that you went to a church camp for the first time and had a ball! You learned to relax, enjoy the outdoors, enjoy your family and friends, fellowshiped with God, overcame some fears about being outdoors and other things and came back a changed man or woman. It was a positive experience, even though there might have been some negative ones, such as sunburn. **So how do you factor that positive experience into your life?** You decide to go back next year to another camp, not only that you decide to take your family camping, or on other trips. You decide to spend more time with your family and those you love and not so much time grubbing for dollars.

Take the negative experiences of life, learn life's lessons from them, learn what you have to do to **avoid them in the future** for you and your family and go out and enjoy life! And you **take the positive experiences** in life, take them and try to **expand on them further** and in other areas so there will **be more positive things happening to you in the future!**

The past will govern the future only if we let it! We still have choices and we still have our faith. We don't have to let the bad things, whatever they are, ruin our lives in the future! And take the good things in life and use them as building blocks for a greater future! **That is PMA dynamics in action!**

Probably the worse negative things we've had in our past is not the bad things that we had to go through, but **being exposed to negative people who had a critical**, "put a damper" on everything spirit, who robbed us of our joy, our hope, our faith and our enthusiasm. We need to learn the lesson of staying away from these people for the rest of our lives, for what they are doing is robbing us of life! Some of our former acquaintances, associations, friendships and family members may have been just negative and mean-spirited, and some of them may have had demons attached to them that are now attached to you, so stay away from these types.

Sometimes the bad things that we have gone through in life are due to our own bad decisions, and sometimes we didn't have any choice in the matter. But there is one thing worse than going through all the bad experiences we've had to suffer and that is being around negative, critical, faultfinding legalistic and judgmental people for **these are the type of people who break our spirit!**

This is the spirit of legalism and judgmentalism. When people are criticizing you they are judging you and their criticism destroys our spirits! **Who gave them the right to judge us in the first place??** The result of their criticism and judgementalism never corrects the

problem, if there was any problem worth criticizing us for anyway; it's usually because we're doing something they disapprove of. What their criticisms, their judgmentalism and negative comments do **is destroy our spirits!** They destroy our joy, our hope, our enthusiasm our faith, our confidence, our joy of life, our incentive, our faith momentum and our forward motion; they rob us of everything good and suck the life out of us!

Can we not see that whatever bad things that we have gone through pale into insignificance compared to what angry, hateful, bitter, unloving, ungracious, negative, legalistic people do to us? They may say that they just want to "help" us, but they don't; **they just want us to be as miserable as they are!**

When we go through bad times; we have to realize that they're only temporary; **they only last awhile, but what negative people do to our souls can last a lifetime, if we let it.** If we can see these people what they truly are and what they're really trying to do, we'll see that they're not trying to help us, but hurt us. They don't love us; they don't care about us, all they want to do is beat us down with their anger, negative words and critical spirit. Above all things in this matter these types of people must be avoided like the plague; don't listen to them; don't believe them and stay away from them. That's really the idea behind forgetting those things that lie behind, *opiso*; for *opiso* **emphasizes the idea of negative experiences in personal relationships.**

Forgetting, epilanthanomai, is in the present middle participle, which tells us that this is something we are to practice daily, but that we will be benefited if we do. With *epi* prefixed to it, **it intensifies the idea telling us that we're to completely forget the things that lie behind!** And why not! **These things are just the beginning of our journey into eternity.** The **intensive idea** also carries with it that there will be times that we will **really have to apply ourselves to forget** the crushing disappointments and terrible hurts that we have had to go through.

"The things that lie behind", *ta men opiso*, referred to that part of the race that we have covered and is behind us, but *opiso* was used predominantly of persons; it looked at the idea of friendships and personal relationships, personal attachments to people that we have known, loved or been acquainted with; the people of our past. In life we come across many people, some have had a positive effect on us, others a negative one, but this tells us that we have to leave them behind as we go on with the Lord.

To move forward in God's plan for our lives we will have to leave old ties behind. This definitely means that we will have to leave behind those who are negative to the Word. It also means that we will have to leave behind those who are positive, for as they go on in God's will for their lives, we will have to go on in God's will for our lives.

For the one following the Lord's will for their lives there is no looking back at associations and ties that are left behind, and no looking back at former achievements. **It's very similar to the idea of one fleeing persecution or prosecution. They're moving on with their lives and not looking back!**

Good, bad, or indifferent, whatever the nature of our past relationships, we have to move on past them to go forward in the plan of God. Even if they're positive, doctrinal believers God's plan for them may take them in a different direction that the one you're in, but you can still have fellowship from time to time.

To **have a PMA we have to let go of the past!** We have to forget, whether good, bad, or indifferent. **Today is a new day and the past is the past**, and try as hard as we can we can't bring it back. We've shared experiences with people in the past on our journey through life and now they're gone and only the memories remain. But if we don't let go of the past, it'll sour us in the present; it can even ruin our lives. Some people let the negative things of the past ruin their existence in the present, and some people let the positive things of the past ruin their present life, because the present isn't as good as the past was! So take the negative stuff, look for the good in it, forgive those who hurt us, let go of the resentment and the anger and forget it! **Move on in the future!**

"To press forward" is also a present middle participle of *epekteino*, which tells us that we will also have to practice this everyday, that we will be benefited by doing so, and at the same time; we have to do both of them to succeed in this. It too has the **intensive idea in it telling us that it will not be an easy thing.** We will have to mentally apply ourselves everyday to forget the things that lie behind and to press forward to what lies ahead for us, and some days it will be difficult to do it.

What lies ahead for us? **What lies ahead is the wonderful perfect plan of God for our lives.** A life of production, prosperity, promotion, a life of blessing, a life of accomplishments, a life of excitement, enthusiasm, challenge and adventure. Why wouldn't we want to press forward to realize it for our lives?

To *press forward* uses the idea of the runner running his race who is completely focused on attaining his goal of crossing the finish line. **The athlete is not concerned with the things behind him in the race, but only on finishing his race.** And that's the lesson we need to learn of finishing God's purpose for our lives. We need to be so focused on moving forward in the plan of God that we forget the things that lie behind.

There's also the idea that **we must forget the things that lie behind** so that **we can press forward!** Too many believers, because they are holding on to the things of the past, everything from hurts and bitterness to nostalgia, cannot move forward. So for them, **they have to let go so they can move on in the plan of God.**

"Pressing forward" is not only to be our practice, but it's an intensive idea as well. Difficulties, problems, pressures, the world system, family relationships, the job, our health, Satanic opposition, discouragement and so many other things beat us down, they discourage us to the place that we get our eyes off the goal and to the place that we stop moving forward and end up in stagnation similar to Samson. But at least with him, in the end he overcame his situation and once again moved forward in the will of God. In the same manner we will really have to apply ourselves and intensely so, to press forward in

the plan of God for our lives. **This action will create for us a PMA and we will be benefited for doing it.**

14. Thinking on Positive Concepts.

To be developing a PMA we need to be **thinking on things that are true**, of course this takes in the Word of God which is more important than anything, but it refers to whatever things in life that are true. What is true is what is real and factual. There is that which is false, there is deception and then there is that which is true. *“You shall know the truth and the truth shall set you free.”* **Truth is reality and thinking on what is true adjusts us to reality, which is the precursor to mental stability.**

Thinking about things that are honorable, things that are noble and awe-inspiring. By thinking about and being involved in things that are honorable will definitely help us develop a PMA.

We need to be thinking about things that are right, but things that are right are not to be determined by the laws and regulations of men, nor their cultures, but by God through his Word, his Laws and Bible doctrine.

We need to be thinking about things that are pure, holy, free from defilement and morally blameless. Hollywood and the government have done so much in the past few years to call what is evil good, and what is good evil, but the people of God know the difference.

Thinking about things dealing with love capacity develops a PMA because it deals with true love and not the sick and perverted love we see so much in society today. It also deals with the concept of an appreciation for things of quality.

Also there is the idea of **thinking about things that have a good reputation** and commendable, while avoiding those things of bad reputation. It seems like today that the average American’s tastes have degenerated down to the bizarre and disgusting. One cannot have a true PMA if his mind is down in the gutter.

Things pertaining to excellence, such as master craftsmen who produce fine works in their own fields, is another concept that helps us develop a PMA. It is truly enjoyable and a positive experience to watch skilled people work and produce works of quality.

If there is anything worthy of praise refers to those things that are of such quality and excellence that they are commendable, these are the things that we need to be thinking about, if we want to have a PMA. If one wants a PMA, then they are going to not only be thinking positive, but involving positive things in their lives.

“Think on these things” is the present active imperative of *logizomai*, a word that refers to objective thinking. Objective thinking seems to be a thing in the past today, but here God

wants us to use our minds to think in the right way and along positive lines. He commands us to do it and we're to do it continually.

We can see the wisdom in this when we consider the baseness and negativity in the world. Radio, TV, newspapers, magazines, people's conversations are so negative and lacking any quality that we have to **literally force ourselves to think on positive things, which is what we have to do if we want to have a PMA!**

15. Getting Rid of the Roots of Bitterness.

"See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many." Hebrews 12:15

Bitterness might be hard for a lot of people to detect and entail a long journey, for many have deep hurts and resentments that go back over the years, and their roots of bitterness run deep, but the grace of God is sufficient to get them out! It's like pulling up roots in the garden; just when you think you've got it all, you find there's more and the root runs deeper.

Anger is easier to spot for it's more pronounced. We can tell if we're angry if there are arguments or physical violence, but resentment is harder to detect sometimes because it can **settle into a mood** that takes over us where we think that's the way we are, we're just moody. It doesn't break forth into an angry display, that all of us are so familiar with, if not with ourselves, of course, then with other people. It's characterized by burning up emotionally on the inside, **a brooding anger**.

The first two stages of anger are bitterness, *pikria*, and then *thumos*, a burning seething anger on the inside. It doesn't have to break forth in anger, it can and often does, but can be there all the time so affecting the individual that people will say they're just moody, when in reality their mood is one of anger. If one is resentful, bitter, it's always there beneath the surface. It may break out with a seething anger or a vindictive anger, or all the way out verbally or physically, but regardless of whether it surface or not, it's still beneath the surface as a root is.

Conscious- Mind- Nous- Thought- (thinking, planning, choosing)
Subconscious- Heart- Kardia- Emotions- (feelings)

The root of bitterness is in the heart, the emotional seat of the soul. From there it can surface to the mind where it affects our thinking, or surface further to the mouth where it affects our words, or even further yet to our body where it can affect our actions and physical health.

The problem with a root of bitterness is that even if it doesn't surface it's still there if it's present in the soul! So the solution is getting rid of the roots of bitterness regardless of whatever it is that brought them about. A root of bitterness not only affects our thinking

and our moods, but it is a negative m/a and a **PMA cannot coexist with it!** Not only that it is implacable and results in the believer refusing God's grace gifts.

Hebrews 12:15 really goes into the matter and it instructs us to constantly be exercising oversight over our hearts to be watching out for it. The book of Proverbs tells us to do this also out of all the things that are to be guarded, watch over our heart, for out of it is the wellspring of life, health and prosperity.

“*See to it*”, or “*watch*”, is *episkopeo* and was used in several instances: of government officials who attended to their daily affairs, usually under a king, of the project manager of a building project, who had to watch over every detail of construction; and the same idea is found in Proverbs where the farmer watched over his garden for weeds and pests. This is the same kind of oversight that believers are to exercise when watching over their hearts to make sure no root of bitterness is springing up.

Bitterness defiles us; **it's like an infection** that affects every part of our being: our emotions, our thinking, speech and actions. We watch over our bodies constantly for any little problem, for we know that they can develop into big problems very quickly, and **how much more we need to watch over our souls**. This passage also tells us that this problem can spring up at any time in our Christian life. We can bring it with us when we got saved, and it can threaten us even when in maturity! That's why we have to always be on the watch for it.

This means that we not only have to recognize that bitterness can and does exist, but also how to look for it and get rid of it. **When the farmer does this he doesn't look for roots, but for the noxious plant. When he finds the plant he goes from the plant and follows its roots wherever they go, then he proceeds to pull the root up- all of it!**

For us, what we have to do is **analyze our lives looking for the surfacing of anger**: arguments, screaming, cursing, physical violence, being vindictive, hateful, outbursts of anger, negative m/a's, refusing God's grace, etc. We need to see that these things are wrong and, of course, confess them to God, but we also need to trace them back to their “root”! **If we don't “root” them out, then they'll be the source of problems for the rest of our lives**. This is where the hard part comes in and can often take years to get at the bottom of things, or at the root of it. In some cases it may take a qualified professional to help you get at the root of it.

You notice a pattern; you get worked up over something, or you get angry with this person or that thing. Can you recognize the anger? Do you confess it? Good! But do you see the pattern? **Do you track it down to the heart to find the feelings of bitterness?** That's where the problem actually lies and it has to be rooted out. Or how about going one step further, **the real problem lies with the arrogance of the individual**. At the root of anger is bitterness, our negative reaction to a situation, but at the root of reaction is arrogance! **It is there in the heart that we will finally have to forgive those who have hurt us and let go of all those bad feelings from the heart! If we want to have a PMA**

in life, we will have to forgive everyone in life who has hurt us, or who we think has hurt us!

16. Encouraging Each Other Toward Faith and a PMA.

“And let us consider how we may spur one another on toward love and good deeds” Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another- and all the more as you see the Day approaching.” Hebrews 10: 24, 25.

What a fantastic passage! Instead of reacting emotionally into OSN controlled behavior toward people, situations and each other **what God wants us to do is use our minds to think about how we can motivate, stimulate each other toward faith, love and a PMA!** The word for *consider* is *katanoeo*, the intensive use of thinking, which tells us that we will really have to start using our minds on a different level than we presently do. And the idea behind “*let us*” tells us that **this is not the responsibility of just the Pastor, but all of us!** It is the Pastor’s responsibility to teach Bible Doctrine, but it is every believer’s responsibility to encourage each other toward faith, the Word and a PMA.

Instead of drifting along mindlessly through life, situations and our relationships with each other; instead of reacting emotionally out of the OSN to these things; instead of being apathetic about things; instead of taking no action and thinking things will get better; instead of wanting other people to change and criticizing them for the way they are- **here’s a radical thought! Why don’t we use our minds to think about ways we can spur or motivate our fellow believer toward faith and a PMA?**

What can we do, what can we say that might motivate a believer, that would excite their faith and encourage them toward having a PMA? What happens if we don’t? Nothing! *Katanoeo* isn’t wishing that others will be stimulated toward faith and a PMA, **but actually sits down to think of ways to do it!**

The word for “*one another*” is *allelous*, which is another of the same kind. This tells us that this activity is to be limited only to believers in Christ, but all believers in Christ regardless of what church they attend. The only thing we are to give to the unbelievers is the Gospel. To each other, though, is the idea of motivating one another toward faith.

The word for *spur* is *paroxanos*, and it means to stimulate. It has the idea of exciting, stimulating and motivating, sort of like **fanning burning coals into flames**. *Eis* is used here to denote direction, **to motivate each other in the direction of agape love and good works, bringing in also the idea of PMA dynamics.**

Faultfinding, criticizing each other, putting each other down, being irritated or upset with each other, how does that spur them, or us, on toward faith, agape love and a PMA? It’s not going to change them, nor is it going to help us.

What we also need to be aware of are positive and negative volition concepts, and positive m/a’s and negative m/a’s. What this deals with is PMA believers spurring on

other PMA believers. We need to avoid trying to deal with believers who have negative m/a's for they really aren't interested. This is a time waster and an energy waster, **for positive believers can't make negative believers positive!**

I know that we have all tried this to no avail. The trick is to find out as soon as one can, (sometimes you can do this in a few minutes), to determine if you're dealing with someone who is basically negative. If they are, then don't waste any more time on them, for they don't want to change. The procedure generally goes something like this: **You encourage people until you see that they're negative.**

Talking along positive lines to other people, assuming that they're somewhat positive is not only contagious, but also expansive. That is, it will not only result in other believers we're talking to becoming more positive, but will result in us getting even more excited and enthused ourselves!

Now let's see what will happen when we do this. One, we will become more positive. Our positivity will grow, intensify and expand. Two, other believers themselves will grow in their positivity. Three, the concept of faith, love and a PMA will begin to develop, grow and expand to more and more people! The benefits of all this are innumerable; **just to see more and more believers become more positive is a tremendous encouragement.**

If the grace of God is available to us by the PMA exercise of faith, then we and other believers will be enjoying more and more of God's grace benefits. Just by the encouraging of other positive believers we will find our own faith and PMA's growing, intensifying and expanding, which will not only strengthen our faith and PMA, but propel us to new heights of God's grace into new areas of blessing, expansion and growth.

So what we need to do is use our minds to think of ways that we can spur or motivate other believers on into these things, but also at the same time not to waste our time on those who don't want to go on in grace, faith and things pertaining to the PMA. There's no sense in dragging ourselves down for those who have no interest in going on in these areas. One can use words, prayer, encouragement, exhortation, books and meetings to motivate people along the positive line.

Remember: Think Positive, Talk Positive and Act Positive.

17. Being Filled with the Holy Spirit.

This is where the power for the PMA comes from. **It is the filling of the Holy Spirit that takes us out of the realm of the world, flesh and the devil and gives us the m/a of God. The positivity of our m/a's is directly linked to our being filled with the Holy Spirit.** The more time we spend being under his control the more positive we will become in life! The less time, though, we spend outside of his power and influence the less positive we will be.

Negativity is directly linked to being under the control of the Old Sin Nature, and being influenced by Satan and the world. Believers who are negative to his Word and other things have the same thing in common; they spend little, if any time, being filled with the Holy Spirit.

The fruits of the Holy Spirit are: love, joy, peace, gentleness, goodness, meekness, temperance, hope, long-suffering and faith. While the noxious fruits of the flesh nature are: pride, envy, jealousy, bitterness, anger, resentment, violence, etc. One's fruit is positive and the other is negative; one's m/a is positive the other is negative. **This is what the angelic conflict is about; it is a war of the negative against the positive.**

Christians are involved in a daily battle to keep from being dragged down by the negative crowd into their negativity. The most dramatic example of this was Jesus Christ when he was crucified by the raging negativity and anger of the crowd of Israelites and the fallen angels who were spurring them on. How did he handle their negativity? Did he react in kind by getting mad back at them? Did he bury it down inside in resentment? No! He forgave them!

We get back into the spiritual dynamic of the Holy Spirit when we confess our sins to God. This is where we must push forward by prayer and the believing of God's promises to expand and enlarge the Holy Spirit's control of us. Suffice it to say that if we want to have a PMA, and not just now and then but everyday, then we will need to log all the time we can in the filling and power of the Holy Spirit. And we will have to commit ourselves each day, everyday to this end.

18. Putting on the Armor of God.

This is an application that is absolutely necessary if we're going to protect the PMA and to keep it from being ravaged by the society in which we live. It protects us from the attacks of the devil and all the fallen angels under him; it protects us from his pride, his rage, his negativity and his hatred toward us. The Lord told Job, speaking by way of a metaphor that Satan is the king of pride! Job 41:43. Satan is also the king of great rage, Revelation 12:12, which also implies his great bitterness and resentment. He is also the king of lying, deceiving and murder!

Any being, whether human or celestial, which possesses these qualities, must be avoided at all costs. **The problem is that we can't avoid these fallen celestial beings!** This is an area that we do not have absolute control over. We can so order our lives 100% of the time to avoid them personally; we can be totally committed in our souls to stay away from them, but that doesn't mean that we will! Why? Because Satan can and does attack us without our permission and knowledge, **then we need to be prepared to withstand his attack so that we can protect our souls and our m/a's from his pernicious evil.**

The Apostle Peter instructed the church to, "*Be sober, be alert, for your adversary, the devil, goes about as a roaring lion seeking whom he may devour.*" 1 Peter 5:8. He then

tells us to resist the devil by faith in v. 8. (The fire-beings I saw, [See the studies menu], were lion-like in their appearance).

The Apostle James instructed the church to, “*Submit to God, resist the devil and he will flee from you.*” James 4:7. Both submitting and resisting are military terms, one being under the authority of the one over you, Jesus Christ, obeying his commands, and the other dealing with combat with the enemy.

The Apostle Paul instructed the church, “*Finally be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm, then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the spirit, which is the Word of God.*” Ephesians 6:10-17.

Then there is **the Lord’s dealing with the devil** in Matthew 4 and Luke 4 where Satan tempted the Lord. **His first attack** was to try to get the Lord to rely on his own ability to provide for himself, instead of relying upon the Father’s provision for him, which is what we’re to do. Christ replied with an higher principle that the Word of God is more important than food. **Satan’s second attack** was to try to get the Lord to put the Father to the test to see if he would really protect him, which would have been an act of unbelief. Christ’s reply was that we are not to put the Lord our God to a test. **Satan’s third attack** was for Christ to circumvent the Father’s plan to acquire rulership over the world, (back into man’s hands again), by worshipping him instead of the Father. Christ’s stern reply and rebuke was that we are to only worship Yahweh our God, and then commanded him to go away. This passage gives us insight on how to deal with the devil.

Another approach for us to use to deal with the problem of the angelic conflict is by **praying the Lord’s prayer**, Matthew 6:9-13, which he has commanded us to do. As we have seen so much of this matter of developing a PMA deals with us making the right choices concerning the Word, the people we hang around with, etc. And when it goes into the area of dealing with the devil we definitely should not be involving ourselves in things that pertain to him, which would be opening up a door that we don’t want open! But there are times, even when our walk is right before God, that Satan, and all his evil, will attack us. Now there is the need for the armor of God. It is there in the Lord’s Prayer, which he instructed all Christians to pray; we find the passage that says we are to ask the Father to “*deliver us from the evil one*”! **We can’t have a PMA when the king of negativity is attacking us; we have to deal with him!**

To put this all in perspective we have to go back to the beginning to the original creation of the earth and the intention of the one who created it. **What was his purpose for the**

planet and what was his purpose for man? *“The highest heavens belong to the Lord, but the earth he has given to man.” Psalms 115:16*

God created this planet for man and he created man for this planet. And in the beginning that was the way it was, man living on this planet as his home. But not just living on the planet, but as the ruler over it! And with this came the full freedom to do what he wanted to do with it: to build, to create, to manufacture, etc. It was his domain and he had dominion over it.

But man lost his dominion over it; he turned it over to a celestial being that deceived him and this celestial being has been ruling over the planet ever since then. Man is still on the planet, but he does not have the ultimate rule over it. The only man creatures that have any “rule” of the planet are those that this celestial being allows to rule, and they rule under him. The rest of them are nothing more than slaves; they are all slaves, only some hold higher positions than others.

The problem is that the one, who created this planet, the eternal God, and the man with it, **did not create it to be ruled by celestial beings**, regardless of who they are; he created it to be ruled by man under him. Even though the first man failed and lost his position of rulership, **God has never changed from his original purpose of the earth being given to man to live on and rule over.**

The situation remained unchanged for 4,000 years, until the Creator sent his Son to become a man, and he wrestled rulership of the earth away from the celestial being, (Lucifer), unto himself. **Now God, once again, has a man ruling over the earth.** But he is still in heaven, and his throne is in heaven; he is not here on the earth. Hellel (Lucifer) is here on the earth and the Lord is in heaven. God, though, does have his people here on earth right under Satan’s nose.

Because Christ, now as a man, is the legitimate ruler of the earth, and those righteous humans, (righteous through faith in Jesus Christ), are also rulers under him. Christ and his people have the right, under God, to rule and Satan and his angels are out! **Because of that, Satan’s great rage is directed at us!** He not only hates us, but also will do everything in his power to stop us! **So it is imperative that we wear and use the armor of God to protect us from their attacks.**

19. Walking Circumspectfully.

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.” Psalms 1:1

This dynamic parallels the other points where are to avoid hanging around the wrong kind of people, but there is a subtle shift in the dynamic where we need **to envision a circle around ourselves, an invisible line that we draw to keep everything inside the circle pure, peaceful and positive, and at the same time we keep everything that isn’t outside!**

And we take this circle with us each day everywhere we go: to church, to the stores, when shopping, on the job, in our cars, at home- everywhere! In practicing this concept, where we are to make ourselves aware of it each day, we will find that we'll be keeping more of the negative garbage out of our souls and life, but we will also find that we are having more peace, power, positive thinking and faith thinking in our souls.

“Thy Word is a lamp unto my feet and a light unto my path.” This gives us the picture of being surrounded by darkness, **with a little circle of light around the believer lighting his path as he goes through life.** What this tells us is that if we're going to walk circumspectfully in life, to have a circle around us that keeps the negative elements away from us, then we're going to have to have the Word of God to enlighten our minds!

This is a cautionary measure. The rule one must always remember is this: **It's easier to prevent bitterness and negativity from entering into our souls, than to get it out once it's there.** Just like it's easier to prevent infections, than to get rid of them after you have one. We must avoid the wrong people and the wrong things. If we're not, then it could very well be the reason why we're failing in our faith rest walk in life.

Now these circles are to be drawn around each individual in the family: the husband, the wife and the children; another circle is to be drawn around the whole family. This is needed to protect each member of the family from negative influences. Basically this is the essence of purity and holiness and keeping oneself undefiled and separated. The purpose for this is to develop an environment that is conducive to developing a PMA.

20. Seeking Wisdom and the Face of God Each Day.

This point speaks of a daily orientation to God and his Word. The Scriptures, especially the Old Testament, continually exhort God's people to seek his face and to seek wisdom so that it will be well with us on earth. We do this through a daily intake of Bible Doctrine metabolizing it by faith.

Too many Christians have negative m/a's because, instead of seeking after the Word of God, wisdom and the face of God, **they seek after the things of the World!** They seek after, and are influenced by, radio, TV, music, video games, magazines, newspapers, conversations with negative people, etc., until their souls are saturated with human viewpoint, negative thinking, anti-grace, anti-faith and anti-truth concepts until they become like them also full of negativity! They now become works-oriented, negative, no faith, no optimism, no enthusiasm, even bitter and angry.

The only way out of that is to break off the contact with the sources of negativity and turn to fellowshiping with God over his Word in the filling of the Holy Spirit. Instead of seeking after money, homes, prosperity, promotion and success, instead of seeking after the things that the world seeks after we're to seek after wisdom! Proverbs 8

Seeking after wisdom and the face of God is to be our orientation in life; it is not one of our priorities; it is **to be the priority!** It is the thing that we exist for and is to be at the top of our list far above anything else. And why not wisdom and God are both 100% concepts. We tend to forget that the celestial being, Lucifer, is totally negative, and anything he is involved in is negative. Wisdom gives us the ability to see the difference, but wisdom isn't just knowledge, it's activity; it's knowledge applied to experience. Wisdom is also about change. **The wise believer changes his life to conform to God's standards and ends up with a PMA.**

21. Confessing our Failures and Sins.

We have seen in the word that we are to confess our sins to God, 1 John 1:9, for forgiveness and cleansing. We are also to confess our failures, blunders and mistakes to one another in areas that we are having difficulty with, James 5:16. When we go to God in confession it's to get forgiveness and cleansing. When we "confess" to each other; it's not for the purpose of forgiveness, but more along the line of asking for prayer concerning some problem that we're dealing with.

Confession is admitting to the problem or sin, while not confessing is denying that one has a problem, or that one has sinned. The word for confession, *homologeō*, means to admit or to confess, and was used in a court of law citing a case precedence. For the Christian it means that not only do you admit that you were doing a certain thing that was wrong, but also that the penalty for that sin was paid for by Christ on the cross.

The first step to solving our problems and getting past them is to admit that we have a problem! If we don't, then we'll be locked into it and maybe for the rest of our life! If we have sinned against God, and there are many categories of sins, mental sins, verbal sins and overt activity, then we are now outside of the sphere of the spiritual dynamic of the Holy Spirit and having a PMA, and we will remain outside of it until we admit to God our sin.

If we are having a problem in an area, an inability to overcome something mental, emotional, volitional or physical, something that keeps tripping us up and holding us back from the life that God has for us, then this thing or things will hold us back, until we admit it to God!

It's always a humbling experience to admit your problem or sin to God, and it's humbling to admit your problem to another believer. The purpose for confessing a problem to another believer is not so you can be just running on about something, but for the purpose of **enlisting another Believer-Priest's help by having him or her pray for you**. You don't want to end up just talking about your problems, (and there are plenty who like to do that), but solving them and leaving them behind!

All of us have our problems, things in different areas that hold us back from the positive dynamic life that God wants us to live, and the first thing we need to see is that they do hold us back. Refusal to admit we have a problem, refusal to confess them will keep us

trapped by them, but confession frees us to move on. **Remember, unconfessed sin sours the mental attitude.**

22. Developing a Plan to Practice a PMA Everyday.

If we don't develop a plan to live by a PMA everyday, adhere to it and make adjustments to it as we go along, then **we will just drift along through life reacting to situations out of our Old Sin Natures, like everyone else does.**

Daniel had a procedure that he observed everyday to maintain his PMA before the Lord and that was he prayed three times a day, Daniel 6:10. And when he did pray it was in his private room facing Jerusalem. This showed that God was ever in his heart and he had fellowship with him.

We need to develop a procedure that we will follow each day that will start us out on the path of a PMA and keep us on it all day. If we don't, then we're going to spend the entire day reacting to one situation after another, from the kids, to the job, to anyone of a hundred different things. We need to set time aside so we can pray, even if a short period of time, read the Bible, go over the promises, etc. We also need to practice praying throughout the day talking to God and going over his Word.

We need to get in the habit of starting out each day, the very first thing, with a scripture or promise that will remind us to set our hearts on having a PMA through the day. It can be, *"This is the day that the Lord hath made, let us rejoice and be glad in it."* Or, *"The Lord is my helper, I will not be afraid, what can man do to me?"* Or, one can start out each day with a different verse altogether. Put it somewhere you can see it and then quote it over and over, then add other verses to it.

Say to yourself, "I don't know what kind of a day I'm going to have, but I choose to be positive today!" This, and the Word of God, starts you out on a positive note for the day. Then at lunch you bring out a verse and quote it and remind yourself of being positive for the day, the same thing at dinner and when you go to bed. Divide the day into three segments of time; make a note to get into the Word, and during the time also.

Then there are things like factoring positive books into your life to read, The important thing is by **having a procedure that you follow each day one can always bring himself back to the point of having a PMA**, the Bible of course, being the most important, but anything that you can involve yourself with in life that is positive. **The important thing is that you have to take charge! Have a procedure and work it for no one else will do it for you.**

23. The Attitude of Victory.

As the things of life hammer one down it is so easy to get defeated in the mental attitude. One puts years of your life into a marriage and it ends up in divorce. You put years of hard work into your business and it never gets off the ground, or it goes under.

You put years of sacrifice into raising your kids and they go astray. You spend years of your life fighting evil on a national scale and the country is still conquered by the evil.

It's easy to be overcome by an attitude of defeatism; it's one of those things that creeps up on you gradually and then overcomes the mind as the years go by. It leaves you with a feeling of hopelessness; despair, of thinking, "what's the use?" and with defeatism comes depression. But it can be reversed!

What is needed is an attitude of victory! And the key to this is our position in Christ. We have to have something that reaches beyond our present experiences, something that will transcend our failures, or apparent failures, something that, in spite of, us being clobbered in our area on the battlefield will raise us up into an attitude of victory. That something is that Jesus Christ has won the war! He defeated Satan upon his resurrection from the dead! And because we're in Christ we're the victors also!

When we were brought into this life by physical birth we were brought into a world of sin, disease, suffering, death, judgment and a world ruled by Satan! And in life there are a certain amount of successes and failures. **In Adam** there was no victory, because he failed! But **Christ** entered into the world and overcame it. With **Adam** there was defeat, with **Christ** there is victory. **Adam** failed; he was defeated by the devil. But **Christ** was victorious; he overcame the devil, sin and death.

If we are **in Adam**, then we are truly defeated by life, by Satan and all the things in the world, regardless of what our successes are in this life. But if we are **in Christ**, then we have overcome life, the devil and all the things in the world, regardless of all our failures! *"I have told you these things, so that in me you may have peace. In this world you will have trouble (pressure). But take heart, I have overcome the world."* John 16:33

God defeated the devil at the Battle of Golgotha by his Champion, the Lord Jesus Christ, Colossians 2:15. Satan has been retreating from God ever since then. He's on the run! His hindering of believers is a retrograde action, 1 Thessalonians 2:18.

To *overcome* is the perfect active indicative of *nikao*, the word for victory, which tells us that this was a completed action in the past with existing results. Christ had already overcome the world by the time of this statement and remains the Victor still today!

"I write to you, young men, because you have overcome (perfect active indicative) the evil one." 1 John 2:13a. *"I write to you, young men, because you are strong, and the Word of God lives in you, and you have overcome (perfect active indicative) the evil one."* 1 John 2:14b. *"For everyone born of God overcomes (present active indicative) the world. This is the victory that has overcome (aorist participle), [even] our faith. Who is it that overcomes the world? Only he who believes (present active participle) that Jesus is the Son of God."* 1 John 5:4,5.

"Born of God" shows that the act of creation, the creative force by which we were born again, has as its origin and source the eternal God. Being born is the perfect passive

participle of *genao* and it shows that we have received this action; God created us; he caused us to be born (again) by his power. But the perfect participle tells us that this was a **completed action with permanent existing results, where we have been born again and will remain that way forever.**

Now this concept is tied directly to the next one of overcoming the world. What this means is that the very moment in time that God created us anew as his sons and daughters we overcame the world! **The moment we believed on Christ as our Savior we became victorious over the world, Satan and this life,** and this is the present reality of our existence now and forevermore.

Now we are getting to the kernel, the foundation for the attitude of victory in the believer's life. Victor, victorious, victory, to overcome, to conquer are all the words used to translate *nikao*. **The fact that we are believers in Christ means that we are victorious over the world,** and it is the truth of this reality that needs to permeate our thinking to the place that we see ourselves as winners, as victorious over the world! **This is the Victory Attitude!**

"Everyone born of God" refers to the group of people born of God; these are the victors in life. And who are the ones born of God? Only those who have believed that Jesus is the Son of God are the victors in life. **The Christian needs to read, understand and believe these verses so they can develop the Victory Mental Attitude.**

"He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will give the right to eat from the tree of life, which is in the paradise of God." Revelation 2:7 *"He who has an ear, let him hear what the Spirit says to the churches. He who overcomes will not be hurt at all by the second death."* Revelation 2:11 *"He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will give some of the hidden manna. I will also give him a white stone with a new name written on it, known only to him who receives it."* Revelation 2:17

"He who overcomes will, like them, be dressed in white. I will never blot out his name from the book of life, but will acknowledge his name before my Father and his angels." Revelation 3:5 *"Him who overcomes I will make a pillar in the temple of my God. Never again will he leave it. I will write on him the name of my God and the name of the city of my God, the New Jerusalem, which is coming down out of heaven from my God; and I will also write on him my new name."* Revelation 3:12 *"To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne."* Revelation 3:21

"Then one of the elders said to me, 'Do not weep! See, the lion of the tribe of Judah, the Root of David, has triumphed. He is able to open the scroll and its seven seals.'" Revelation 5:5 "They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death." Revelation 12:11 "And I saw what looked like a sea of glass mixed with fire and, standing beside the sea, those who had been victorious over the Beast and his image and over the number of

his name.” Revelation 15:2 “He who overcomes will inherit all this, and I will be his God and he will be my son.” Revelation 21:7

Can we not see that we are already victorious? We are the Victors, the Conquerors! And because our status is victory, then we need to have the attitude of victory that will transform our lives, to the place where we can joyfully and confidently say, “I’ll see you on the shores of the sea of glass!”

24. Personal Sense of Destiny.

A personal sense of destiny means that you not only believe, but are convinced, confident, that **you have been put here on earth for a purpose**, that you have been destined, hence the idea of destiny, to serve a purpose, a higher purpose than what the crowd seeks after; **you are here to serve the purpose of God.**

Let’s look at what the crowd seeks after: gratification of their personal lusts, money, power, success, security, home, creature comforts, material things, fun, relationships, things that vaunt the ego, etc. Morning after morning they wake up to go down and put in their time for Babylon, then at the end of the day they go back to their dwellings; similar to the cattle coming back to their barns after a day of grazing.

So what purpose did they serve? They spent their entire lives doing what? They did this or that; they gratified their lusts; they kept Babylon’s economic system humming along; they made profits for the man; they trade their lives and freedom for dollars; they had a few good times, then they die! So what purpose did they serve? What was their life all about? They did what they were told to do, but what purpose did they serve?

Stay in school, study hard, get good grades, but for what purpose? Well to get a High School diploma. Ok, but for what purpose? So you can get a good job, they say, or go on to college. Ok, but for what purpose? So you can get a better job and make more money, so you can do more things and have more things, get married, buy a house and travel. OK, but for what purpose? So you can pay it off by the time you retire, so you won’t have any mortgage payments. And with a better job you can get a better retirement with health benefits something to provide me with security and take care of me when I’m older! OK, but for what purpose? They say well when I’m older and I retire and have my health benefits and my cemetery plot paid for I won’t be a burden on my children. Ok, but for what purpose?

All they have described is the thinking of people who are alive and want to be comfortable and taken care of until they die. But what was the purpose of their existence? If they could step aside and look at what’s really happening they would see that Babylon is making money off their birth; it makes money off them while they live, and even at their death it’s still picking their bones. All they did is make money for the system and have a few good times along the way, and their existence had no real meaning.

Is that all man is an intelligent cow that can talk? Are we here to only provide milk for the farmer's corporate Babylon, then to be put out to pasture in our retirement years and to still provide more profit for Babylon when we die? Some people will say that I'm looking at it the wrong way! Then read it back to yourself and you will find there's no other way to look at it for that's what is really happening. They don't want to look at it the realistic way, for that would mean that their lives have no meaning, that they had been deceived or deceived themselves all along, that they had spent their entire lives following a path of meaninglessness **when their lives could have had meaning if they had made the right choices along the way!**

All they're doing is staying alive one more day so they can stay alive one more day, and in the process they have a little fun, do a few things, Babylon makes its profit of their lives and then they die; and then, Babylon makes still another profit off their death.

But this is not the case with believers in Christ for God has a purpose for our existence here on the earth, therefore we have a destiny, a divine destiny because God has determined in eternity past what he wants us to do for him on this planet. **Believing what the Word has to say on this matter will give the believer a Personal Sense of Destiny.** A personal sense of destiny not only gives the believer a PMA, but also keeps him moving forward in life overcoming the obstacles that he will encounter.

"I took you from the ends of the earth, from its farthest corners I called you. I said. 'You are my servant; I have chosen you and not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.'" Isaiah 41:9,10.

"Who has saved us and called us to a holy life- not because of anything we have done but because of his own purpose and grace." 2 Timothy 1:9 "For we are God's workmanship created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10 "For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the first born among many brothers. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified." Romans 8:29,30. "In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will." Ephesians 1:5

"For when David had served God's purpose in his own generation, he fell asleep; he was buried with his fathers and his body decayed." Acts 13:36 "But we ought always to thank God for you, brothers, loved by the Lord, because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth." 2 Thessalonians 2:13

All the way through the Bible we find that God chose us in eternity past to be saved, to serve him, to live in eternity with him, to give us his Son and to be like his Son. And this God who chose us, called us and saved us has also **determined a plan for our lives**, a plan that will bring him the maximum glorification, and bring us the maximum productivity, satisfaction and impact on the angelic conflict; a plan that will also bring

about our spiritual maturity; a plan whereby we will fulfill the purpose of God for our lives on earth.

And because God has a plan for our lives we should no longer be living for ourselves, for our own purposes and pleasures, no longer living for other people and what they think we should be doing, no longer living for what society thinks or says we should be doing; instead we live for God to do his will on earth.

This knowledge of being called to a higher purpose gives us a personal sense of destiny. Such an attitude raises us up above the mundane thinking of other people in life and all the pettiness of things in life. The Holy Spirit bears witness of this for it is he who leads us on in the purpose of the Father. **He bears witness of the principle of God having a plan for our lives in giving us peace when we go forward in it.**

Having a personal sense of destiny enables us to overcome the difficulties in life, the setbacks and disappointments, the hurts and rejection by others, the loss of friends and loved ones, the temptations in the world and the hatred of the world against us because we belong to Christ.

How the believer gets this belief is by immersing himself in the Word of God, especially in all those areas that teach on that subject. He needs to be looking for those passages that teach it, and by immersing himself in the scriptures and doctrines, and by believing them, the believer, in time, will develop a Personal Sense of Destiny.

25. Rejecting Disapproval.

This one is vitally important because it deals with the influence other people have on our thinking, moods and mental attitudes. We are creatures to, a large degree, of our environment. We are definitely shaped by the people around us from our parents as we grew up in the home, the schools we attended, the towns we lived in, the times we lived in, to our jobs, circles of friends and associates today. They helped mold our views on life, our moods, our speech dialect, our values, our politics, etc.

If we grew up in Berkeley and went to college at Stanford, what do you think our political bent would be? As a rule it would tend toward liberalism. But if we grew up on a ranch in eastern Oregon or a farm in Georgia, we would tend to be more conservative. And what do you think our accent would be if we grew up in Massachusetts, or New York, or in southern California, Dude?

Other people shape us more than we know, and maybe like to admit. They have a tremendous influence on us in how we dress, how we talk, how we act, what we think, our moods, our feelings, even if we're positive toward things in life or negative, whether we're a positive well adjusted member in society, or one that is angry toward everyone.

The reason for that is that we seek acceptance and approval. It goes back to the group dynamic concept and the need to avoid "public shame" or being rejected by the "group".

For us it is vitally important that the group approves of us and accepts us, whatever that “group” may be: family, friends, society, etc. Everybody has their group; it may be their family; it may be their circle of friends; it may be the lodge they attend, or the gang they’re in.

We will do just about everything to incur the favor of the group that we belong to, whatever that group may be. We will wear the clothes the group wears; we will talk like the group talks; we will adopt the group’s religion; we will share the group’s politics, be involved in the group’s activities, etc. We will be good little boys or girls for our parents, good students in our schools, good friends to our friends, all to be accepted and approved of by the group.

In short we will basically think, act, talk, dress and live in the manner that pleases the group, so that we will not be disapproved of or rejected. We will adopt negative mental attitudes and all sorts of other things to fit in with the people that we want to identify with. In America people like to think of themselves as being individualistic, but they are so in lock step with their own group it’s almost funny.

So what we have to learn to do is reject rejection; we have to learn to reject other people’s disapproval of us over how we think, act, talk, dress and our own positive mental attitudes and enthusiasm.

The crowd looks down upon, even laughs at the believer who lives by faith, who does God’s will, who wants to pull away from the crowd and think their own thoughts and live their own lives. If the believer can’t overcome this innate desire to please people, to be accepted by them and to have their approval, then they will never be able to have PMA dynamics and a successful life before God.

The Bible addresses this problem and teaches us how to overcome it. Ephesians 6:6 and Colossians 3:22 talk about being “*men-pleasers*”, *anthropareskos*; this concept deals with the idea of being in a **superior/inferior relationship where a person is over you**, the group, your parents, teachers, your boss, the military, etc. **A man-pleaser is one who studies the situation to find out what it will take to please the one over them and then acts accordingly so they will be accepted and approved of.** The trouble is that you can’t please both God and man, and trying to please man with his old sin nature is futile and destructive to one’s well being.

We’ll do just about anything we think people want to please them, if that’s what we want to do, if we’re looking for other people’s approval. We’ll dress like them, talk like them, act like them, even think like them just to be a part of the group. How many Christians have become losers in this life in the way they live their lives by trying to please the losers they hang around with?

The solution lies with us rejecting the idea and fear of rejection by other people; it doesn’t matter to us any more. We must reject the idea of wanting to have other people accept us or approve of us and the fear of not having it. That’s our stand regarding man.

Concerning God we need to live by the principle that Paul did in 1 Thessalonians 2:4, where he wrote, “*We are not trying to please men, but God.*” In Colossians 1:10 “*And we pray this in order that you may live a life worthy of the Lord and please him in every way.*” The Apostle John wrote in 1 John 3:22, “*Because we obey his commands and do what pleases him.*” It’s a growth process that starts with a decision to please God in our lives. It’s not about “thumbing our nose” at society, going out of our way to offend people; it’s not a reactionary concept out of bitterness or anger, those are negative concepts and doing a right thing for the wrong reason.

There are many people who are bitter and angry, who do everything in their power to displease others, but this is not the motive for what we’re talking about. Our focus is to be solely on pleasing God with our thoughts, speech, actions and lifestyle. If in the process we do not please men, if they disapprove of us, if they reject us, then it’s of no consequence. If they were pleasing God in their lives, then they would have no problem with those that do; the problem is that they aren’t!

But we can’t be concerned about them or what they think of us. Our concern is to walk with the Lord and please him. If we’re concerned about what other people think of us, (that’s the power legalism has over people), if they’ll like us, if they’ll approve of us, if they’ll accept or reject us, then our thinking will all be bound up in that concept. This concern about what other people think really is fear, and with fear there is no PMA dynamic going on.

The concern over disapproval, the fear of not fitting in, the fear of being rejected not only controls our thoughts, feelings and moods, but even our whole life! We can’t live our lives to please people; we are to please God. **There’s bound to be conflict when you have humanity on the one side and God on the other; they couldn’t be farther apart in their essence, thinking and goals.** So it’s obvious that you can’t please both, for the Christian he is to please the Lord.

Faith pleases God, obedience pleases God, doing his will pleases him, being filled with the Holy Spirit pleases him, having the agape mental attitude pleases him, believing his Word pleases him and thinking upon biblical truths pleases him. Sinful man is only interested in gratifying his lusts, so when we do things to please people it’s all in accordance with the idea of gratifying their lusts and self interests, (it kind of cheapens what we do). But when we please God it is in accordance with his righteous loving nature, and at the end of it all, when life is over, we will receive from him a “*Well done, thou good and faithful servant*”.

26. Prayer is a Conduit for Positivity.

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:4-7

Aside from our prayer requests when we pray to God we enter into fellowship with him. There we find comfort, reassurance, encouragement, strengthening, peace and a sense of well-being. The peace, power, hope and joy of the Holy Spirit flow into us through the filling of the Holy Spirit. We don't understand it; we don't know how it works, it just does. But then, we don't have to understand how all this works in prayer, but to just pray!

We can't understand peace; we can't even define it adequately, but we know by experience what God's peace feels like. The Word tells us that God's peace surpasses human understanding; it is on a level far above our abilities to comprehend, nevertheless we can still experience and enjoy it.

Prayer is the vehicle by which we ask God for the things we would like to have and do; it is also the vehicle by which we go to God in our desperation. **But let's not forget that prayer is also the vehicle by which we "charge our spiritual batteries".**

We must consider our situation; we are living on an angry young planet, populated by angry people, ruled by angry celestial beings that rebelled against the Creator. Anger and fear are the dominant emotions of those who live here; even we ourselves have that problem. In the flesh we fear for our safety and get angry about certain things. Angry people, angry rulers over the planet, do we need to get away from this to refresh ourselves with God's peace and positive things? Yes!

We need to understand what the situation really is here on earth after the fall of Adam and the entrance of sin into the world. Adam's rebellion against God acquired for him the same sinful nature that Lucifer had and has with the result that now fear, anger, violence and self-interest, a totally negative environment, are now the dynamics found on the earth. Such an environment behooves us to go to God in prayer; our souls need him and his peace for their well being.

Daniel utilized prayer three times a day, and the prophecy regarding Israel to maintain his PMA when he was in captivity. He was torn away from his family, home, friends and town, his country was in shambles due its devastation by the fiercest army on earth and taken away into captivity into a far away land as a prisoner. Any believer in that position would desperately need to have peace, mental stability and a PMA. So Daniel held on to the doctrinal teachings he knew, the promises of Yahweh that he had and came to Yahweh three times a day in prayer.

Paul wrote the believers in Thessalonica, *"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."* Showing once again the importance of the need for prayer in our lives. 1 Thessalonians 5:16-18 He wrote the Ephesians, *"And pray in the Spirit on all occasions with all kinds of prayers and requests."* Ephesians 6:18

Prayer can be the conversation of a child to its father, the petition of a subject to their king and the function of a priest to God. It can be confession of sin, request for a need or

desire; it can be done calmly or in desperation, but however it is done, whatever it is about, we are commanded to do it.

Abraham prayed to God; Moses prayed to God; David prayed to God; the Prophets and Priests prayed to God; the Apostles prayed to God, even the Son of God prayed to his heavenly Father. So prayer puts us in good company.

The reason why God wants us to pray is so he can have fellowship with us. Oh, he knows where we live, what we look like, what we are thinking and feeling, but that's not the same as fellowshiping with us. He loves our soul, our personality, much the same as we are with our friends and loved ones. We want to spend time with them to interact with them on a soul level, and that's what God wants to do is spend time with us so that he can interact with us on a soul level. But there is a protocol we have to remember. We come to God in singleness of heart, in faith and the filling of the Holy Spirit, with our thanksgiving and praise, talking to him, confessing our sins, with our faith and petitions.

In conclusion, the basis for having a Positive Mental Attitude is because our sins have been forgiven by believing in Christ as our Savior and we will be living with God the Father and our Lord Jesus Christ forever and ever in a resurrected eternal body!