

**“In all these things [tribulations] we are more than conquerors through Him who loved us.”
(Rom 8:37)**

✠ Lecture III: Coping Mechanisms ✠

✠ ATTITUDE by Charles Swindoll:

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failing, than success, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home. The remarkable thing is that we have a choice everyday regarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our attitudes.

✠ Different Attitudes:

- In the Holy Book of Job, we find two different attitudes; the attitude of the wife, “Do you still hold fast to your integrity? Curse God and die!” (**Job 2:9**), and the attitude of Job the Righteous, “You speak as one of the foolish women speaks. Shall we indeed accept good from God, and shall we not accept adversity?” (**Job 2:10**)
- When our father Jacob was told that his son Joseph died and all his sons and all his daughters arose to comfort him, he refused to be comforted and said “I shall go down into the grave to my son in mourning” (**Gen 37:38**). King David had a different attitude when he was told that his sick son died, “So David arose from the ground, washed and anointed himself, and changed his clothes; and he went into the house of the Lord and worshiped. Then he went to his own house; and when he requested, they set food before him, and he ate” (**2 Sam 12:20**). His servants marveled and asked, “What is this that you have done? You fasted and wept for the child while he was alive, but when the child died, you arose and ate food” (**2 Sam 12:21**). King David replied, “While the child was alive, I fasted and wept; for I said, ‘who can tell whether the Lord will be gracious to me, that the child may live?’ But now he is dead; why should I fast? Can I bring him back again? I shall go to him, but he shall not return to me” (**2 Sam 12:23**).
- When King David came to the city of Ziklag and found it burned with fire and their wives, their sons, and their daughters had been taken captive, it is written, “the soul of all the people was grieved, every man for his sons and daughters. But David strengthened himself in the Lord his God” (**1 Sam 30:6**).
- When Goliath defied the army, “all the men of Israel were dreadfully afraid” (**1 Sam 17:24**) but David said, “Who is this uncircumcised Philistine, that he should defy the armies of the living God?” (**1 Sam 17:26**).
- On Good Friday, the two thieves saw our Lord on the cross. One said, “If you are the Christ, save Yourself and us” (**Lk 23:39**) while the other said, “Lord, remember me when You come into Your Kingdom” (**Lk 23:42**).
- On one occasion, our Lord healed ten lepers and only one had a thankful attitude (**Lk 17:12-19**).
- St. Paul had humble attitude toward his own salvation, he said, “I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified” (**1 Cor 9:27**). He also had a unique attitude towards tribulations, he said, “I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake” (**2 Cor 12:10**).

✦ **Questions to Ponder:**

- Do you feel scattered and stressed?
 - Do you feel that you have many problems in your life and it is hard for you to keep your faith?
 - Do you feel abandoned, even by God?
 - Do you frequently lose your temper?
 - How do you approach a new day in your life? What's your attitude?
 - Are you happy? Why or why not?
 - Do you think that your future is going to be better than your present?
 - Is your busy schedule affecting your spiritual and social life?
 - Do you spend time with yourself?
 - Do you know what you want? Do you set goals for yourself? Are they reasonable?
 - Do you spend time with God?
 - Do you know what God wants? Do you want to know?
 - Does your spiritual belief system make you stronger or weaker? Does it provide you with a source of strength, support, security, and well-being?
 - How can you be more at peace within yourself?
 - How can you be more at peace with other people?
 - What's the best way to get through difficult times? What do you actually do?
 - Do you really believe that all things work out for good to those who love God?
 - Do you really love God?
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