

# THE 7-UPS OF LIFE

(Seven ways to be “up” when everything seems down)

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## THE LORD'S FLOCK GROW DIGEST

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Do you start each day with a smile or excitement? Or are you always down and sure that things won't go your way? The fact is, life is full of choices. Everything is a result of our choices every day.

**1. Attitude is everything.** Attitude is a manner of acting, feeling, or thinking that shows one's disposition, opinion. It is a choice and it matters tremendously in our walk with God.

**1.1 Attitude of Gratitude.** As Christians, we should always express thankfulness and appreciation to God for the blessings and good things in life, recognizing that these gifts come from His divine providence. One of the prevalent sins today is ungratefulness; the nine (9) lepers did not express gratitude after being cleansed/healed. Only one returned and gave thanks (Luke 17:11-19).

**1.2 Attitude of Praise and Thanksgiving.** We should consistently acknowledge, praise and give thanks to God. Even if our prayer is not answered in the way we expected, we ought to maintain a hopeful perspective and trust in God's plan (John 11:27, 39, 40).

**1.3 Attitude of Correction.** A true friend tells us the truth to correct us. Abraham's attitude made him obey God's charge, commandments, statutes and laws (Genesis 26:5).

**1.4 Attitude of Forgiveness.** Joseph was mistreated, yet he forgave and restored his brothers and brought back their family relationship (Genesis 50:20). Let us also have the attitude of “forgive & forget.” When we serve, we will be persecuted, but let us expect the award from God.

2. Let us stay **positive** because all God's promises will happen. Caleb and Joshua were fearless. They had the courage to step out by faith and trust God for the victory. They refused to see themselves as “grasshoppers” (Numbers 14:7-9).

3. Conversely, **negative moods** include feelings of being anxious, scared, annoyed, or depressed.

3.1 The 12 spies lacked courage and had narrow perspectives; they failed to confront the enemy.

3.2 Jonah was rebellious and disobedient to God's instructions because of fear.

3.3 Philip showed scepticism towards Jesus' power to perform a miracle in feeding the crowd of 5000.

### Conclusion:

Indeed, life is all about choices. When something bad happens, we can choose to be a victim or we can choose to learn from it. Let us choose the positive side of life. Choosing to have a positive attitude rather than a negative one is going to feel a whole lot more rewarding. Attitude is everything.

### Reflection:

How has your Christian journey influence your attitude towards key aspects of your life (e.g. adversity, failure, disappointments)?

### Prayer:

*Heavenly Father, help us to cultivate a positive attitude that will help us meet life's challenges, most especially in our spiritual journey. May we have the grace to deliberately clothe our hearts and minds with an attitude of gratitude in every circumstance, the highest of highs, the lowest of lows and every moment in between. In Jesus' Name. AMEN!*