

Keeping Jesus attitude

(Two perspectives)

Perspective #1

Keeping a "Jesus's attitude" is all about staying positive, humble, and loving, no matter what life throws at you.

Philippians 2:5 reminds us that our attitude should reflect that of Jesus Christ. Sounds like a big ask, right? But with the right mindset and tools, it's totally doable.

Why Attitude Matters

Our attitude is like the direction of an airplane—if it's pointed up, we're soaring; if it's pointed down, we're heading for trouble.

Life throws challenges our way, and our attitude determines how we handle them. Even the most faithful mess up sometimes (hey, even Peter and Paul had their moments), but what matters is bouncing back.

Flexibility is Key

Think of yourself as a palm tree. When storms hit, palm trees bend but don't break—and they spring back up once the storm passes.

Spiritually speaking, as we grow in faith, we become more flexible and resilient. The more "spiritual segments" we have (think of these as pieces of God's Word we carry in our hearts), the better we can handle life's storms.

Spiritual Segments: Your Toolkit

When someone says something hurtful like, "You're worthless," it can feel like a direct hit to your identity. But this is where those spiritual segments come in handy. **Here's how:**

1. Know who you are in Christ. You're a new creation (**2 Corinthians 5:17**).
2. Speak truth out loud. Use faith statements to remind yourself of your worth (**Romans 10:10**).
3. Lean on scripture. **Proverbs 12:16** says a wise person ignores insults—it's not easy, but it's powerful.

Faith Statements to Build You Up:

- "I am a prudent person, and I ignore insults."
- "I am a new creation through Christ."
- "I am qualified and worthy because of Jesus."
- "My foot will not be moved."

Keep Growing

Building your spiritual strength is like exercising your back—each segment helps you bend without breaking.

The more scripture and truth you have in your spiritual “vertebrae,” the stronger you’ll be when life gets tough.

Ephesians 4:1-3 sums it up perfectly:

“Live a life worthy of your calling... Be humble, gentle, patient, and make room for others’ faults because of love.”

So, keep bending, stay humble, and let that Jesus attitude shine through!

Perspective #2

How to Maintain a Jesus Attitude

Philippians 2:5

“Your attitude should be the kind that was shown us by Jesus Christ” (TLB).

Our attitude plays a pivotal role in shaping our lives.

As leadership John Maxwell once said, “Our attitude tells us what to expect from life. Like an airplane, if our ‘nose’ is pointed up, we are taking off; if it is pointed down, we are headed for a crash.”

This analogy underscores the importance of maintaining a positive and Christ-like attitude in all circumstances.

As believers, God calls us to reflect the attitude of His Son, Jesus Christ, in everything we do and in how we interact with others.

The Importance of a Jesus Attitude

Adopting a “Jesus’ attitude” means embodying humility, love, patience, and forgiveness.

However, it’s important to acknowledge that even with the help of the Holy Spirit, the imperishable seed of God within us, and access to His Word, we are not perfect.

There will be moments when we falter and fail to exhibit the attitude of Christ.

Even great biblical figures like **Peter**, **Paul**, and **Barnabas** had their shortcomings.

Yet, **Proverbs 24:16** reminds us, “For a righteous man falls seven times and rises again, but the wicked are overthrown by calamity” (AMP). The key is when we do fail, rise again and restore our effectiveness.

Facing Challenges with Flexibility

Every challenging situation we encounter is like a storm testing our Jesus attitude. These storms may bend us, but they should not break us.

Like the trunk of a palm tree that bends in strong winds but springs back upright once the storm passes, we too must remain flexible.

Flexibility is a vital spiritual quality that allows us to endure trials and maintain our Christ-like demeanor.

As we mature spiritually, our ability to bend without breaking increases.

Just as taller and older palm trees can bend more because of their resilience, spiritual maturity equips us to withstand greater challenges.

This flexibility enables us to continue fulfilling God's purpose for our lives despite the storms we face.

Building Spiritual Segments for Resilience

The human spine is composed of individual vertebrae that allows it to bend and provide support.

Similarly, in our spiritual lives, we need "spiritual segments" that enable us to withstand the pressures of life **while** maintaining a Jesus attitude.

These spiritual segments are portions of God's Word that we apply to our lives.

Each segment strengthens us and equips us to respond with grace and wisdom when our attitude is under attack.

For example, if someone says something hurtful or questions your worth, your Jesus attitude may be challenged.

In such moments, spiritual segments can guide your response:

1. Know Your Identity in Christ

Understanding your identity in Christ is foundational.

- **2 Corinthians 5:17:** "Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come" (RSV).

Insight: You are no longer defined by your past or by others' opinions. Your identity is rooted in Christ.

2. Respond with Wisdom and Restraint

- **Proverbs 12:16:** "The vexation of a fool is known at once, but the prudent man ignores an insult" (RSV).

- **Proverbs 17:27:** "He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding" (RSV).

Insight: A prudent person remains calm and chooses not to react impulsively to insults or negativity.

3. Declare Faith Statements

Speaking faith-filled words reinforces your identity in Christ and strengthens your spirit.

- **Romans 10:10:** “For man believes with his heart and so is justified, and he confesses with his lips and so is saved” (RSV).

- **Proverbs 18:21:** “Death and life are in the power of the tongue, and those who love it will eat its fruits” (RSV).

Insight: The words you speak have power. Declare God’s truth over your life to combat negativity.

4. Recognize Your Worth in Christ

- **Colossians 1:12:** “Giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light” (RSV).

Insight: Through Jesus Christ, you are qualified, competent, and worthy in God’s eyes.

5. Rely on God’s Strength

- **Psalms 121:3:** “He will not let your foot be moved; he who keeps you will not slumber” (RSV).

Insight: God provides stability and strength even in difficult times.

Spiritual Exercises for Strengthening Your Attitude

Just as physical exercise strengthens the body’s vertebrae, spiritual exercises fortify our spiritual segments.

These practices help us remain resilient and maintain a Jesus attitude during life’s storms.

Here are some practical steps:

1. Speak Faith Statements Aloud

Regularly declare truths from God’s Word to affirm your identity in Christ:

- “I am a prudent person who ignores insults.”
- “I am a new creation through Christ Jesus.”
- “I am qualified, competent, worthy, and adequate to serve God.”
- “I have a condition acceptable to God because of Jesus.”
- “My foot will not be moved.”

2. Meditate on Scripture

Spend time reading and reflecting on God’s Word daily. Internalize verses that strengthen your faith and equip you to respond with grace.

3. Pray for Humility and Patience

Ask God to help you develop humility, patience, and love toward others—even those who challenge you.

4. Practice Forgiveness

Let go of offenses quickly and choose forgiveness over resentment. This reflects Christ's love and prevents bitterness from taking root.

5. Stay United with Fellow Believers

Surround yourself with a community of believers who encourage and support you in your walk with Christ.

As **Ephesians 4:1-3** reminds us:

“Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace” (NLT).

Conclusion

Maintaining a Jesus attitude requires intentionality, spiritual maturity, and reliance on God's Word.

While challenges will inevitably arise, our ability to bend rather than break depends on how well we have developed our spiritual segments through Scripture application and faith-filled living.

As we grow in our walk with Christ, let us strive to embody His humility, patience, and love in all situations.

By doing so, we not only reflect His character but also become vessels through which His light shines into the world.

Remember that every storm is an opportunity to strengthen your spiritual resilience and deepen your relationship with God.

Let us continually build our spiritual vertebrae so that when life's storms come, we can stand firm—bending without breaking—and maintain a Jesus attitude that glorifies Him in all things.

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