

## Attitude Adjustment

### Description

Philippians 2:1-8

Occasionally, I visit the chiropractor and get an adjustment when my body is out of alignment. I begin the visit uncomfortable and in pain. About 30 minutes later, my situation has greatly improved. I walk straight and stand tall and I usually get some pain relief.

What do we do when we need an attitude adjustment? Our attitudes can be out of alignment with Christ. What do we do when it feels like we're in opposition with the people we love and care about? How do we deal with our propensity toward selfishness? How do we temper our pride and our need for attention? What do we do when we feel the need to judge someone else's performance because we think we can do it better? Why do we often feel the need to have things our way?

The prescription for our affliction is simple: Imitate God. Have the mind of Christ; adopt His attitude. Be humble. Love one another. Work together in humility.

When in doubt, deny yourself and choose the needs of another over yours.

Author: Angela Wilson

#### Date Created

2025/03/06