

Attitude Check: Joyful!

Description

Philippians 4:1-7.

I live in a culture of politeness. Rarely do I witness road rage, unkindness, or unwillingness to engage another individual.

Believers are to be characterized by a joyful attitude. Full disclosure: a joyful attitude is not the same as a culture of politeness. When we are characterized by the attitude of Christ, it goes much deeper than a cultural pattern or expectation. A joyful attitude is the product of at least three things. Let's take a quick look.

First, we are joyful to the degree that we are living in relationship with Jesus. Increased distance in our relationship to Jesus will bring a decrease in true joy in our lives. How close do you live to Jesus?

Second, joy can be extinguished by anxiety. The corrosion of anxiety is checked by the power of prayer. A faltering prayer life weakens our defenses against anxiety.

Third, the absence of the Christ's peace dilutes the presence of true joy. Such peace flows from the well of transcendence. If our focus is on the present, its problems, and our limitations, joy easily escapes our view. When we focus on the presence and power of Jesus, our field of vision expands and joy returns.

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