

Introduction

1. We entered this world as a baby
 - a. In a similar fashion, we enter the kingdom of God as a baby ([Jn. 3:3-5](#))
 - b. We would become alarmed if a newborn baby did not grow
 - c. The same is true spiritually as we are to grow ([1 Pt. 2:2](#))
2. Physically, we reach a point where we cease growing but this should never be true spiritually ([2 Pt. 3:18](#))
3. There are many different factors which influence growth physically such as diet, exercise, environment, and genetics
4. Spiritually, there are similar factors such as diet, exercise, environment, influence, and attitude
5. Our focus will be on that last factor of attitude

I. What Is a Positive Attitude?

1. Positive defined (Merriam-Webster)
 - a. having a good effect: favorable
 - b. marked by optimism
2. Attitude defined (Merriam-Webster)
 - a. a mental position with regard to a fact or state
3. A positive attitude is a mental position having a good effect and marked by optimism
4. It should not be difficult to see how having a positive attitude is a benefit to spiritual growth
5. Our goal as Christians is to have a good effect
 - a. Consider our mission ([Mk. 16:15-16](#); [Mt. 28:18-20](#))
 - b. Christ described His followers as salt and light ([Mt. 5:13-16](#))
6. The world is opposed to Christianity ([1 Jn. 5:19](#))
 - a. Jesus prayed for His followers accordingly ([Jn. 17:14-20](#))

II. Examples of Positive Attitudes

1. The apostle Paul portrayed a positive attitude
 - a. Paul went through a lot ([2 Cor. 11:22-28](#))
 - b. He maintained a positive attitude ([Php. 4:11-13](#))

2. Paul and Silas in Philippi ([Ac. 16:16-24](#))
 - a. Earlier in this chapter, the Holy Spirit had instructed Paul by a vision to come into Macedonia ([Ac. 16:9](#))
 - b. Paul obeyed immediately ([Ac. 16:10](#))
 - c. As Paul and Silas were working, the demon possessed girl greatly annoyed Paul with her saying ([Ac. 16:17-18](#))
 - d. Paul took care of the situation which resulted in he and Silas being beaten, imprisoned, and put in the stocks ([Ac. 16:23-24](#))
 - e. What did Paul and Silas do in prison? ([Ac. 16:25](#))
 - f. Note the result ([Ac. 16:26-34](#))

III. How Does a Positive Attitude Impact My Spiritual Growth?

1. To grow we must increase in spiritual knowledge ([2 Pt. 3:18](#))
2. What is the end goal of my spiritual growth?
 - a. “prize of the upward call of God in Christ Jesus” ([Php. 3:14](#))
 - b. “our citizenship is in heaven” ([Php. 3:20](#))
 - c. “crown of righteousness” ([2 Tim. 4:7-8](#))
 - d. “rest” ([Heb. 4:9-11](#))
 - e. Does a positive attitude help me to achieve this goal? Absolutely!
3. A positive attitude will see me reading and studying my Bible daily ([Ac. 17:11](#))
4. A positive attitude will see me praying without ceasing ([1 Th. 5:17](#))
5. A positive attitude will see me visiting the sick and afflicted ([Jm. 1:27](#); [Mt. 25:36](#))
6. A positive attitude will make sure I do not grow weary while doing good ([Gal. 6:9](#))
7. Consider the mustard seed ([Mt. 13:31-32](#))

Conclusion

1. A positive attitude is a mental position having a good effect and marked by optimism
2. We live in a world that is opposed to Christianity
3. We need to keep our mind upbeat on the task at hand so that we might always be growing