

*Our attitudes of life are shaped either  
by past experiences or future  
expectations*

February 4

Why do you think what you think about life? Why do you feel like you feel about your family? Why do you want what you want today? Are you happy, sad, excited, afraid, emotionless, or passionate about your day? Are you angry, worried, frustrated, irritated, aggravated, or short tempered? Is there a smile on your face, a bounce in your step, joy in your heart, and peace in your home? What are you expecting your day to be like today?

We all approach each day with an attitude and expectancy for that day. Our attitudes of life are based upon our past experiences or future expectations. Examine yourself and question your attitude. Where did it originate and is it an attitude with which God is pleased? If not, change today.

*Prayer for Today*

Lord, thank You for giving me the time and encouragement to examine my attitude and replace those things which offend You and keep me back from experiencing Your joy, Your peace, and Your hope for my day. Make me more like You.

*Scriptures for Today*

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-meditate on these things. (NKJV)

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. (KJV)