



# Reality Relationships

7 Essentials to Help You "Get Real" and "Get Right!"

## Reality Relationships: Attitudes

by Dr. David H. McKinley

### Attitude is Everything in Life

"Words can never adequately convey the incredible impact of our attitude toward life. The longer I live the more convinced I become that life is 10 percent what happens to us and 90 percent how we respond to it. I believe the single most significant decision I can make on a day-to-day basis is my choice of attitude. It is more important than my past, my education, my bankroll, my successes or failures, fame or pain, what other people think of me or say about me, my circumstances, or my position. Attitude keeps me going or cripples my progress... It alone fuels my fire or assaults my hope. When my attitude is right, there's no barrier too high, no valley too deep, no dream too extreme, no challenge too great for me." —CHARLES R. SWINDOLL

### Attitude is Everything in Relationships

#### Essential #3:

**"You will never build great relationships by indulging bad attitudes."**

### Examine the Attitudes that Destroy Your Relationships

Love does not *envy*,  
love does not *parade itself*,  
love is not *puffed up*. 1 CORINTHIANS 13:4b

#### • Let Envy Ensnare Your Thoughts

Latin Proverb: "Envy is the enemy of honor."

#### What is it we envy or resent in others?

Attention	Achievements
Appearance	Abilities
Awards	Associations
Acceptance	Age
Aptitude	Acquisitions
Address	Automobile

"Make not your thoughts prisons." —WILLIAM SHAKESPEARE

"Resentment is like drinking a poison and waiting for the other person to die."

...*envy is rottenness to the bones.* —PROVERBS 14:30

#### • Put Your Pride on Parade

*Pride comes before destruction, and an arrogant spirit before a fall.* PROVERBS 16:18

#### • Inflate Your Own Importance

"Two men went up to the temple complex to pray, one a Pharisee and the other a tax collector. The Pharisee took his stand and was praying like this: 'God, I thank You that I'm not like other people—greedy, unrighteous, adulterers, or even like this tax collector. I fast twice a week; I give a tenth of everything I get.'

"But the tax collector, standing far off, would not even raise his eyes to heaven but kept striking his chest and saying, 'God, turn Your wrath from me—a sinner!' I tell you, this one went down to his house justified rather than the other; because everyone who exalts himself will be humbled, but the one who humbles himself will be exalted." LUKE 18:10-14 (HCSB)

*Knowledge puffs up but love builds up.* 1 CORINTHIANS 8:1

### Emphasize Habits that Build Your Relationships (L-I-F-T)

**L**ook at others through a telescope while looking at yourself through a microscope.

**I**dentify something you admire in another and express it frequently.

**F**ind ways to turn conversations from me to you.

**T**hank God for His goodness in your life.

*Humble yourselves in the sight of the Lord, and He will lift you up.* JAMES 4:10

"All that you achieve and all that you fail to achieve is the direct result of your own thoughts [and attitudes]."

—JAMES ALLEN

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