

SCRIPTURE: Hebrews 4:12, Psalm 51:12

HYMN: Sweet Hour of Prayer

*“In seasons of distress and grief,  
My soul has often found relief.  
And oft escaped the tempter’s snare,  
By thy return, sweet hour of prayer.”*

### IMPACT OF ATTITUDE

We have just hit the hot summer season. Temperatures have averaged in the high 80’s. In our house we have no air conditioning and have relied on a few fans and any breezes that move the air coming through the screen doors. One day I even made the mistake of turning on the oven to make supper. That day my husband came home to a pretty grumpy wife.



After a few days the Lord got my attention as I spent time in His Word and prayer. He helped me to realize that I was envying. I would go into doctors’ offices and stores wishing I could get a job there to stay cool (instead of working in a hot house!). I recalled when I was back in the days of working in air-conditioned building myself and complained in my heart. All of these thoughts were going on in my mind without me paying any attention to them or even realizing that they were sinful. But boy, did they have an effect on my attitude!

Once I confessed my envy to the Lord I was amazed at the relief I felt, and I had a much better outlook on dealing with the heat. I was much more cheerful. And when I got too hot, I’d just go into our cool basement or sit by a fan for a while. We even served dinner in the basement, working with our children to make it feel like a cozy restaurant. It was fun! I was surprised to realize that when I was grumbling, I’d rather suffer and stay grumpy, instead of being willing to work to make things better.

No wonder it says in Psalm 51, after seeking cleansing from sin from the Lord, “sustain me with a willing spirit” (verse 12b)- we need *willingness!* If we are not willing, we will not even ask for help from the Lord to obey.

Putting away a bad attitude made all the difference for me. Even more so I am thankful to the Lord that He helps us to recognize even our hidden attitudes: “For the Word of God is living and active, and sharper than any two-edged sword, and piercing as far as the division of souls and spirit, of both joints and marrow and able to judge the thoughts and intentions of the heart” (Hebrews 4:12). His help is so effective, because He works in the source of our sin issues: our thoughts.

Are you in a difficult situation? Is it really hard to deal with? Maybe the Lord can “lighten your load” by showing you an attitude to confess. You can pray like the Psalmist in Psalm 139:23-24:

*Search me, O God, and know my heart;  
Try me and know my anxious thoughts;  
And see if there be any hurtful way in me,  
And lead me in the everlasting way.*

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