

Breathe Again
Attitude Adjustment

Introduction - It's been said, "The more you dread tomorrow, the more you **LOSE** today."

Example: Joe Bonanno - Not known for WHAT he did but for WHO he was.

Life overflowing - John 10:10 AMP; Savor each day as a gift! ...How?

I. Appreciate **LIFE**

- Joy is a sign of our Christian faith - John 15:11
- Even in pain, hardships and troubles - 2 Corinthians 6:10
- God loves laughter - Ecclesiastes 3:1, 4; Proverbs 17:22; Nehemiah 8:10
- Jesus loved having kids around

II. Love **PEOPLE**

- Even the ones we don't like ... but I've been hurt, wounded and manipulated! ... Get healed! - 1 Peter 3:10 AMP
- Forgive - unforgiveness is like drinking poison and expecting someone else to die! - 1 John 3:18 TLB
- Change attitude - Hebrews 12:1; Mindset for Christ - Psalm 19:14

III. Don't sweat the small **STUFF** - Romans 8:28

- Be willing to see what you HAVE in the midst of a storm
- Example: Christina's birth
- Be grateful - 1 Thessalonians 5:18

- Think like Jesus - Philippians 4:8
- God is in control - Philippians 4:6-7; 1 Peter 5:7

Conclusion - May **WE** be a breath of fresh air to others. - Ephesians 4:23;
5:1-2 NLT