

The Seven Heart Attitudes

1. Put the goals and interests of others above my own.

2. Live an honest, open life before others.
3. Give and receive Scriptural correction.
4. Clear up relationships.
5. Participate in the ministry.
6. Support the work financially.
7. Follow spiritual leadership within Scriptural limits.

Philippians 2:3-4
Ephesians 4:25-26
Hebrews 10:24-25
Matthew 5:24-26
1 Peter 4:10-11
2 Corinthians 6:6-8
Hebrews 13:17

Defining Heart Attitudes...

Proverbs 4:23; 2 Corinthians 5:16; Philippians 2:5

- In the Scriptures, the heart is the **CORE DECISION MAKING** center of our life
- Attitude is the **ANGLE OF APPROACH** to people, to events, but also life in general
- Following Jesus is both a matter of the **HEART** and a matter of **ATTITUDE**
- A Heart Attitude is a **MENTAL/EMOTIONAL PRESET** that we use to approach people and situations we deal with in life

The Heart Attitudes are about shifting our angle of approach from “**SELF-CENTERED** and **DESERVING**” to “**HELPFUL** and **SERVING**”

A closer look at Heart Attitude #1...

- **Key Verses:** *John 13:34-35; Philippians 2:3-4; 1 John 3:16-18; John 15:13*
- It's at the core of the New Testament's definition of **LOVE**
- It has to do with our **MOTIVES** and **ACTIONS**
- As a follower of Jesus,
 - ◇ I may have to say “**NO**” to what I want in order to love someone else
 - ◇ I need to be **FLEXIBLE** and ready to be **INCONVENIENCED** or **SACRIFICE** for others
- It's about turning knowledge into action to **HELP OTHERS**

1 Corinthians 8:1, James 4:17



Practicing Heart Attitude #1...

- **Beginner:** Hold the door open for a stranger at a store or restaurant or let another driver into your lane when they signal.
- **Intermediate:** Leave the last piece of dessert for your spouse or children to have, and/or join a Hope Group this fall to dig deeper into the HAs and have a chance to put them into practice.
- **Advanced:** Give up several hours on a weekend to help a friend or neighbor with a project they are working on (i.e. moving, landscaping, remodeling, etc.).

Reflection Questions...

- What are some of the ingredients of a relationship that you have enjoyed for an extended time period?
- What have been some of the characteristics of your general attitude toward life?
- How can you apply Heart Attitude #1 at home, at work, and at church?

Memory Verse (Topic: Heart Attitude #1)

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."

Philippians 2:3-4 NIV

My Next Steps:

- Today, for the first time, I'll choose to follow Jesus!
- I'll talk with someone about [what it means to be a follower of Jesus](#).
- I'll join a group this fall to learn more and work on practicing the Heart Attitudes
- I'll _____

Additional Notes:
