

# Alpha Counseling Service

August

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Hi,

Is it alright to have a bad attitude because you are tired or not feeling well?

Should we take out our frustration, with computers, on our friends or people in traffic?

If the answer is NO why do we see it so often? Family and friends should not have to always be testing our moods to see how we will respond. Even in church we learn quickly who has a good attitude and who does not. Then I will hear someone comment that they don't know why people seem to avoid them. If you ask "could it be something you said?" and they get offended at your insinuation! Obviously they are unaware or unwilling to take responsibility for their behavior.

So what is the problem? Why do some Christians seem so moody? Certainly health issues can contribute to being up or down but, it is possible to separate our mood and our pain? In 2 Corinthians 12, Paul tells of a physical problem that wouldn't go away. He prayed and was told, by God, "Grace is all you need" and then his attitude was to be content with the trials of health and life that confronted him. Do we not have the same access to God's grace the he had? Have we chosen to give thanks in all things? In 1 Thessalonians 5:18 ESV says; *give thanks in all circumstances*; the NASB says; *IN everything give thanks*, both translations make the point of our being thankful not

necessarily **for** circumstances but while going through stuff. As I have tried to be upbeat when things are not going well I have been surprised at how my attitude stayed away from complaining and finding fault. Is it possible that we have much more control of our moods that we are aware? I encourage everyone to try being thankful **in** things! It involves looking to God for His grace to flood us with the same contentment Paul experienced.

Another factor in how our attitude is controlling our situation is the emotional pain we carry around with us. Over the 25 years at Alpha, I have seen many people's attitude change about themselves and others because they become effective forgivers of past and current hurts. I spend a great deal of time explaining the power of being a good forgiver. I do not want hurtful negative memories ruining my day. That negativity saps away our energy and creates much of our negative attitudes. If you find yourself dreading someone's visit, or going to work tomorrow or, in some cases dreading going home after work you may need to do some forgiving of the hurts that pile up. My goal is to not allow offenses and hurt stay with me because I am capable of taking it out on innocent people who don't deserve to be around my bad attitude.

God Bless and Thank You!

*Richard*