***Hello Valley Heights Ladies!*** Reviewing our May 20th Bible Study

Chapter 11 --- “The Attitudes of a GODLY Heart”

Ladies, we are in our ‘final descent’ of studying “Attitudes of a Transformed Heart.” Back in the fall we left the *‘runway’* to get an aerial view of the magnificence and beauty of our “God Most High.” We knew we had a destination from the start when we *‘buckled ourselves’* in for this particular journey; into the *‘heavenly places,’* the very heart and mind of Christ. The *‘flight plan’* has been a very specific one; moving towards and following the *‘charted course’* for Christ Himself to come to have first place in EVERYTHING.

We learned very early upon *‘lift off’* that we would have to surrender our bodies, our minds and our wills as an act of trust in God to change our attitudes and actions as we would enter into some very familiar and not so familiar *‘altitudes’* and *‘air space.’*

Martha Peace has been a very seasoned and wise *‘flight attendant’* for us. She has been faithful to go over with us the detailed *‘guidelines and checklists’* from our time tested *‘safety manual’*- the Word of God. She has made sure our *‘travel safety’* has been grounded and affirmed by all appropriate authorities over her to make sure our destination is clearly understood. Martha has also been faithful in *‘serving us’* the hope of the gospel. She has *‘assured us’* that the Holy Spirit will help to change our attitudes and actions amid *‘unexpected turbulence’* that appears in the *‘cockpit’* of our minds.

Chapter eleven has been one of those *‘turbulent’* chapters for me which can often happen as flights change their altitude without warning upon descent. Even though Martha has assured me that the *‘cabin is secure,’* (my life is secure in Christ) I have been deeply challenged by the multiple attitudes and numerous heart-probing questions that have been brought to my attention. I am motivated all the more to be the godly woman God wants me to be. It’s one of those chapters that the *‘passenger’* bypasses the *‘call button’* and with urgency yells out, *“I need some immediate assistance please!”*

This is somewhat how David expresses himself in Psalm 4. He says, “ANSWER ME WHEN I CALL, O God of my righteousness…”(4:1) Well, in Psalm 4 we see David changing his attitudes *(‘altitudes’)* in the most difficult of circumstances; from a *‘high altitude’* of anxiety to a *‘peaceful altitude’* of assurance! He states in Psalm 4:3 “But ***know*** that the LORD has set apart the *GODLY* man for Himself; The LORD *hears* when I *call* to Him.” What a wonderful reality! What a wonderful promise!

Ladies, **“ATTITUDES OF A GODLY HEART”** not only begins with an urgent cry for help, but begins and ends with looking at the intentionality and consistency of Jesus’ life. Let’s thank our Lord that He shows us through His Word how to confess, repent and *‘PUT OFF’* ungodliness: ungratefulness, disobedience, selfishness, discontentment and intolerance of others. And let’s thank our Lord that *He is* our perfect teacher and example to show us how to *‘PUT* *ON’* godliness; the Lord Jesus Christ Himself (Rom.13:14). In this chapter we learn about five attitudes that reflect a godly heart.

***To be GODLY is to be:***

**G** rateful --“Attitude of a Grateful Heart” --Like Jesus-- John 11:41,42

**O**  bedient --“Attitude of an Obedient Heart” --Like Jesus— Phil. 2:5-8, Heb. 5:8, John 8:29

**D**  iligently Serving --“Attitude of a Servant’s Heart” --Like Jesus—Matt. 20:28, John 12:26

**L** earning to be Content --“Attitude of a Contented Heart” --Like Jesus—Mark 14:36

**Y**  earning to be Forbearing --“Attitude of a Forbearing Heart” --Like Jesus—Heb.4:15

Just as a *‘flight attendant’* has to train herself in the ***disciplines*** of safety and service as expected by those ranked over her. We too, ladies, with Christ as our ‘head’, need to train ourselves in these disciplines and go to the time-tested *‘safety manual,’* by-pass the *‘call button,’* and with urgency cry out for help to change. Let’s not only ask ourselves the hard questions, but let’s allow our minds to be transformed and our feet to be turned towards:

**G**ratefulness-- 2 Corinth. 9:15, Ps. 100:1-5, Romans 1:21, Col. 3:15, 1 Thess. 5:18, Job 1:21

-- “Do I express gratitude to God for a difficult trial?”

-- “How would others describe me—always complaining or always grateful to God?

**O**bedience-- Phil. 2:5-8, Matt. 26:39, 1 Pet. 1:14-16, Acts 5:27-29, 1 Jn. 2:3-5, 5:3, Heb. 11:8, Jn. 14:15

-- “Do I graciously obey the authorities over me when I would prefer to be doing something else?”

-- “Do I do what is right for Jesus’ sake even if I am aggravated with the other person?”

**D**iligent Service-- Rom. 1:1-3, Matt. 20:25-28, 24:45-46, Col. 1:7-8, Jn. 15:20, 1 Corin.7:23, 2 Tim. 2:24

-- “Is my first reaction to another’s sin, a sharp, sarcastic tone of voice or do I help them?”

-- “Do I only desire to serve to impress others or to be noticed by others?”

**L**earning to be Content-- Phil. 2: 14-16, 4:11-13, 1 Tim.6:8, Matt. 6:25,33, Job 1:20-22, 6:10

-- “When I read the Scriptures, does it give me hope and quiet me?”

--“Am I satisfied to stay in my circumstances as long as God wills?”

**Y**earning for Forbearance-- Rom.3:21-26, Eph. 4:1-3, Col. 3:12-13, Phil. 4:5, Heb. 4:15

-- “Do I give strong, dogmatic opinions about matters that are really insignificant?”

-- “When circumstances don’t go my way, do I resort to anger or tears to get my way?”

Ladies, First Timothy 4:7 simply commands us, *“Train yourself to be godly.”*

There is no way out of this *‘flight plan.’* It’s fixed and determined if we are willing to submit to and trust the *‘rules and regulations’* of the *‘safety manual’* and the *‘pilot’s’* (God’s) unalterable and unchanging standards for a guaranteed *‘arrival time.’*  Did I say, *‘rules and regulations?’*

Barbara Hughes in her book “Disciplines of a Godly Woman” wraps this chapter up beautifully for me. She says, “Let’s face it: many of us think of ***spiritual discipline*** in terms of “living the letter of the Law” or as a series of draconian rules that no one could possibly live up to. Such legalism seems to us a path of frustration and spiritual death. But *true**discipline* is a far cry from legalism—thank God! The difference lies in the **MOTIVATION**; Legalism is *self-centered*; ***discipline*** ***is God-centered***. The legalistic heart says, “I will do this to gain merit with God.” The *disciplined heart* says, “I will do this because *I love God* and *want to please Him*.” The true heart [and attitudes] of discipline is relationship.”---a relationship with Jesus Christ Himself!

Ladies, though there may be *‘storms’* to get through, there may be ‘harsh headwinds’ to face, and there may be *‘difficult passengers’* to deal with, we need to see “that His divine power has granted us ***everything*** pertaining to life and *godliness*, through the true knowledge of HIM who called us by His own glory and excellence.” (2 Peter 1:3)

May His multiplied grace and peace to us compel us to grow more and more to be *GODLY* women.

Joyfully learning and yearning, Christyn