



“Judah begot Perez” Matthew 1:3

**1. Praise gives God a throne to sit on**

*“But You are holy, enthroned in the praises of Israel.” Psalm 22:3*

**2. Praise confuses the devil**

*“When the three hundred blew the trumpets, the Lord set every man's sword against his companion throughout the whole camp; and the army fled to Beth Acacia,” Judges 7:22*

*“Now when they began to sing and to praise, the Lord set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated.” 2 Chronicles 20:22*

**3. Praise protects my heart**

*“But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.” Acts 16:26*

Righteous is like a palm tree (Ps.92:12), they bent during the storm therefore they don't get broken by the storm.

*“Then Job arose, tore his robe, and shaved his head; and he fell to the ground and worshiped.” Job 1:20*

**3. Praise gives me new perspective**

Gratitude adjusts attitude, attitude adjusts altitude.

*“And Jesus took the loaves, and when He had given thanks He distributed them to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted.” John 6:11*

*“Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, “Father, I thank You that You have heard Me.” John 11:41*

Shake off and step out!

Attitude is the established ways of responding to people and situations that we have learned, based on the beliefs, values and assumptions we hold. Its framework for dealing with change, opportunities, failures, and problems.

If you look at your problem as a problem, it is a problem. If you look at your problem as an opportunity, it is an opportunity.

10% of life is how you make it, 90% of life is how you take it.

A bad attitude is like a flat tire, if you don't change it, you'll never go anywhere.

Attitude is contagious, make yours worth catching.

"If you don't like something, change it. If you can't change it, change your attitude." ~ Maya Angelou

"Things turn out best for the people who make the best of the way things turn out." ~ John Wooden

"People ask how I stay so positive after losing my legs. I simply ask how they stay so negative with theirs." ~ SSgt Johny Joey Jones

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." ~ Abraham Lincoln

"Whether you think you can, or you think you can't - you're right." ~ Henry Ford