

## FRESH AIR

Part 2 – Good Medicine  
September 11, 2016

(Deuteronomy 30:19) This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life.

(Psalm 19:14) May the words of my mouth and the meditation of my heart be pleasing in Your sight, O LORD, my Rock and my Redeemer.

## End Time Attitudes

(2 Timothy 3:1-3) But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving...

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(John 10:10) The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

## Good Medicine

(Proverbs 17:22) A cheerful heart is good medicine.

(Nehemiah 8:10) The joy of the Lord is your strength.

1. \_\_\_\_\_ every day.

(Hebrews 12:1) Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

2. Develop a \_\_\_\_\_ for life.

(2 Corinthians 6:10) ...sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.

3. \_\_\_\_\_ positive in everything.

(Philippians 4:8) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

4. Turn everything \_\_\_\_\_.

(Philippians 4:6-7) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(1 Peter 5:7) Cast all your anxiety on Him because He cares for you.

## Fresh Air Principle #2

(Philippians 2:5-11) Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made Himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself and became obedient to death—even death on a cross! Therefore God exalted Him to the highest place and gave Him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Choose a \_\_\_\_\_.

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## End Time Attitudes

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√ Ungrateful.

√ Unholy.

√ Unloving.

√ Unforgiving.

(John 10:10) The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

## Good Medicine

(Proverbs 17:22) A cheerful heart is good medicine.

(Nehemiah 8:10) The joy of the Lord is your strength.

### 1. Make the choice every day.

(Hebrews 12:1) Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

### 2. Develop a high appreciation for life.

(2 Corinthians 6:10) ...sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.

### 3. Find something positive in everything.

(Philippians 4:8) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

### 4. Turn everything over to God.

(Philippians 4:6-7) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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### Choose a Christ-like attitude.

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