***Hello Valley Heights Ladies!*** Reviewing our Nov.26th Bible Study!

“Attitudes of a Transformed Heart”

Chapter Four—“Our High and Holy God”

Martha Peace in this chapter showered us with the *‘refreshing water’* of the Word! She simply saturated our hearts, souls and minds by skillfully soaking up multiple scriptures and *‘bathed’* us with God’s Word in regards to His Sovereignty, His continual Work, His Holiness and His Faithfulness!

After studying each Chapter, we have honed in on a specific *ATTITUDE* that speaks of and reflects what we have learned! In light of our increased exposure to ‘Our High and Holy God’ in chapter 4, there was no doubt in Martha’s mind and ours, that we must express an ***“ATTITUDE*** ***OF GRATITUDE,”*** ”by ***thanking*** Him *every day*, *all day*, no matter our circumstances or trials!”

Martha challenged us with some Holy Spirit driven responsibilities! **OUR RESPONSIBILITY IS TO**:

**A** ccept God’s Supremacy! He ***REIGNS*** and ***RULES*** whether we like it or not! Ps. 115:3

**T** hink Biblically! We are here to ***WORSHIP HIM*** as He deserves! Ps. 7:17

**T** rust God to accomplish what we could never accomplish by ourselves! 1 Thess. 5:25, Ps.138:8

**I**  nspire and influence others to discipline themselves towards ***Holiness***! 1Tim 4:7, 1Cor.9:24-27

**T** estify that God has set the *sanctifying standards* through *His Word* for our lives! Eph.5:22-24

**U** nderstand that we are to ***submit to His will*** whether we feel like it or not! Isaiah 64:8

**D** aily realize the miracle of God’s ***GRACE*** that He would even stoop to save us! Eph. 2:8-9

**E** mbrace the reality of *Christ’s imminent return* and ‘second coming’ to this earth! Rev. 1:7,8

**O** H LADIES!!!

**F** aithful is our God ***who is working*** to mature us women as wives, mothers, grandmothers, sisters, daughters, friends…! Phil. 1:6, Phil. 2:13 **Let’s continue the challenge!**

**G** ratitude needs to replace Grumbling!

**R** ejoicing needs to replace Resentment!

**A** bundant Appreciation needs to replace Angry Accusations!

**T** houghtfulness needs to replace Thanklessness!

**I** mitating Christ needs to replace Impulsive Complaining!

**T** ender-heartedness and Humility needs to replace Threats and Hard-heartedness!

**U** nfailing love and Grace needs to replace Ungodliness and Gossip!

**D** eclaring Christ needs to replace Derogatory Comments!

**E** xpressing Worship needs to replace Endless Whining!

Ladies, as women who are protected by being in a God-ordained submissive role our entire lives, where will grumbling, resentment, angry accusations, thanklessness, complaining, hard-heartedness, gossip, derogatory comments and endless whining get us??

Let’s not forget where the Israelites ended up (Deuteronomy 1) who battled with *habitual complaining* against Moses their leader and God. They were denied the privilege of entering the promised land. They were so close-- within 14 days they would have made their destination, but the consequences of their ***sin of fear,* grumbling*, mistrust, questioning the goodness of God*** ***and rebellion against God’s commands and Moses’ warnings***… were severe. Forty years of wandering in the wilderness! Paul in 1 Corinthians 10:1-14 reminds us of the warnings from Israel’s history. In vs. 11 it says, “Now these things happened to them as *an example*, and they were *written for our instruction*…”

Ladies, an **ATTITUDE of INGRATITUDE** is a very serious sin! I was reading in one of my favourite devotionals “Keep A Quiet Heart” this week by Elisabeth Elliot. She says, “Everything about which we are tempted to ***COMPLAIN*** may be the very instrument whereby the Potter intends to shape His clay into the image of His Son—a headache, an insult, a long line at the check-out, someone’s rudeness or failure to say thank you, misunderstanding, disappointment, interruption. As Amy Carmichael said, ***“SEE IN IT A CHANCE TO DIE,”*** meaning a chance to *leave* *self behind* and say **YES** to the will of God, to be *“conformed unto His death.”* Not a morbid martyr-complex but a peaceful and happy contentment in the assurance that ***GOODNESS*** and ***MERCY*** follow us all the days of our lives!”

***I pray*** ladies, that we never tire studying, memorizing, meditating on, and purposefully putting into practice the *delightfully divine declarations* that revealed *His Promises* and *His powerful* *penetrating personhood* in this chapter! ***I pray*** we will also take **OUR RESPONSIBILITY** for living a **HOLY** life! We are to do something! Jerry Bridges says in *“Pursuit of Holiness”,* “We are **not** **to** *‘stop trying and start trusting’;* **rather**, we are to put to death the misdeeds of the body. Over and over again in the epistles we are commanded to assume our responsibility for a ***HOLY*** ***WALK “***and it is the Spirit who enables us to **DO IT**!

An ***“ATTITUDE OF GRATITUDE”*** is what clearly charters our course towards Christlikeness ‘and manifests through us the *SWEET AROMA* of the knowledge of ***HIM*** in *EVERY* place’ 2Corin.2:14 because He is Sovereign, He is Working, He is Holy and He is Faithful!

Ladies, let’s enter this Christmas season and the new year with ***Psalm 34:1-3*** hidden in our hearts! And may our lips continually express **THANKFULNESS** in our hearts to God! May His praise continually be in our mouths singing, *“GIVE THANKS with a GRATEFUL HEART, GIVE* *THANKS to the HOLY ONE, GIVE THANKS because HE’S given JESUS CHRIST, His SON...”*

Abundantly *THANKFUL* to the Lord for you all who are willing to learn alongside of me how “Attitudes of A Transformed Heart” best glorify and honour Him!

Joyfully, Christyn