



Attitude Formation and Change in human being

## Description

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## Attitude Formation and Change in Human Beings

Attitudes are an important part of our lives. They shape our behavior, our relationships, and our outlook on life. Attitudes are formed through our experiences, our beliefs, and our values. Attitudes can be changed, but it takes effort and dedication.

The Bible speaks of attitude formation and change in several places. In Proverbs 23:7, it says, “As a man thinketh in his heart, so is he.” This verse speaks to the power of our thoughts and how they shape our attitudes. In Philippians 4:8, it says, “Finally, brothers and sisters, 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.” This verse speaks to the importance of focusing on positive thoughts and attitudes.

Attitude formation is a process that begins in childhood and continues throughout our lives. Our attitudes are shaped by our parents, our peers, our teachers, and our culture. We learn to think and feel a certain way about certain things. We also learn to respond to certain situations in certain ways.

Attitude change is possible, but it takes effort and dedication. We must be willing to challenge our existing beliefs and values and be open to new ideas and perspectives. We must be willing to take risks and try new things. We must be willing to practice new behaviors and attitudes until they become habits.

**Salvation Prayers :** Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. **Amen** [If you prayed the above prayers kindly click here to get more information](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)  
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Example: Joy, Love, 1 John 1:3

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Attitude change can also be facilitated through prayer and meditation. Prayer can help us to focus our thoughts and feelings on positive things. Meditation can help us to become more aware of our thoughts and feelings and to gain insight into our attitudes.

Attitude formation and change is an important part of our lives. It is important to be aware of our attitudes and to be willing to challenge them and change them when necessary. With effort and dedication, we can form and change our attitudes in positive ways.

### Quiz

1. What does Proverbs 23:7 say about attitude formation?

- A. Attitudes are formed through our experiences.
- B. Attitudes are formed through our thoughts.
- C. Attitudes are formed through our beliefs.

D. Attitudes are formed through our values.

2. What does Philippians 4:8 say about attitude formation?

A. Think about negative things.

B. Think about positive things.

C. Think about noble things.

D. Think about admirable things.

3. What is necessary for attitude change?

A. Willingness to take risks

B. Willingness to practice new behaviors

C. Willingness to challenge existing beliefs

D. All of the above

4. How can prayer help with attitude change?

A. It can help us to focus our thoughts and feelings on positive things.

B. It can help us to become more aware of our thoughts and feelings.

C. It can help us to gain insight into our attitudes.

D. All of the above

5. What is an important part of attitude formation and change?

A. Being aware of our attitudes

B. Being open to new ideas and perspectives

C. Being willing to take risks

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D. All of the above

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly [click here to get more information](#)

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### Discussion Questions

1. What are some of the ways that our attitudes are formed?
2. How can we challenge our existing beliefs and values?
3. What are some of the benefits of prayer and meditation for attitude change?
4. What are some of the risks associated with attitude change?
5. How can we practice new behaviors and attitudes until they become habits?

### FAQs

Q: What is attitude formation?

A: Attitude formation is the process of forming attitudes through our experiences, beliefs, and values. It begins in childhood and continues throughout our lives.

Q: How can attitudes be changed?

A: Attitudes can be changed by challenging our existing beliefs and values, being open to new ideas and perspectives, taking risks, and practicing new behaviors and attitudes until they become habits.

Q: What does the Bible say about attitude formation and change?

A: The Bible speaks of attitude formation and change in several places. In Proverbs 23:7, it says, “As a man thinketh in his heart, so is he.” In Philippians 4:8, it says, “Finally, brothers and sisters, 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.”

**Answers: 1. B, 2. B, 3. D, 4. D, 5. D**

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