

It's not all Good News for some people **Acts 16:16-24**

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Your internal attitudes are more important than your external circumstances.

All of us know people who can find something good to focus on even in the worst of circumstances. And all of us know someone who can find something bad to focus on even in the best of circumstances. We tend to see what we're looking for.

I think there are two basic types of people in the world: complainers and worshippers. Complainers can always find something to complain about. Worshippers can always find something to praise God about.

We see what we're looking for, but let me set the scene.

If I'm Paul or Silas I'm emotionally and physically and spiritually spent. I'm drained to the last drop. I've got nothing left to give.

It just doesn't get much worse than that. And that's why this next verse is so amazing to me. Acts 16:25 says, "Around midnight, Paul and Silas were complaining about their circumstances."

That's not what it says.

It says, "Around midnight, Paul and Silas were praying and singing hymns to God, and the other prisoners were listening."

Zoom Out

Sometimes you need to zoom out and look at the big picture. You fail a chemistry exam and it feels like the end of the world. But it's not.

So how do we zoom out?

Let me give you a one word answer: worship.

Worshipping is taking our eyes off of our circumstances and focusing on God. We stop focusing on what's wrong with us or with our circumstances. We start focus on what's right with God.

Here's what worship does. It restores spiritual balance. It helps you regain your perspective. It enables you to find something right to praise God about even when everything seems to be going wrong. Worship is zooming out and refocusing on the big picture. Worship is reframing our circumstances.

"Man's Search for Meaning" by Victor Frankl. Frankl was a Holocaust survivor who wrote about his experiences in a Nazi concentration camp. Frankl was number 119,104.

Everything was taken away except one thing. Frankl said, *"Everything can be taken from a man but one thing: the last of human freedoms—to choose one's attitude in any given set of circumstances."*

I'm absolutely convinced that the most important choice you make every day is your attitude. At the end of the day, one way or the other, your focus determines your reality!

The key is focusing on the right reality!

Research indicates that the average person talks to himself or herself about 50,000 times a day. Any guess on what percentage of self-talk is negative? Research indicates that 80% of self-talk is negative.

We tend to see what we're looking for. The circumstances you complain about become chains that imprison you. Your focus will determine your reality!