

THE IMPORTANCE OF YOUR ATMOSPHERE

By: Fountain Hendricks

Genesis 2: 9-14

There is very little emphasis being taught on the importance of an atmosphere. Whether you realize it or not an atmosphere **INFLUENCES** how you think, perceive, behave and feel.

Unfortunately, people do not teach on developing a healthy atmosphere, never realizing that a healthy atmosphere is the **SECRET** ingredient to building a quality life.

THE POWER OF AN ATMOSPHERE

Atmospheres influence behavior. Atmospheres dictates attitude. Atmospheres inspires conformity.

THINK ABOUT IT

- When people enter into a work environment they tend to behave in a professional manner.
- When people enter a party environment their attitude is upbeat and lively.
- When people enter a toxic environment they tend to feel depressed.

ATMOSPHERE'S IMPACT PEOPLE'S BEHAVIOR
MORE THAN THEIR UPBRINGING AND BELIEF
SYSTEM.

THE CHANGING OF ATMOSPHERES

When Adam and Eve was in the garden of Eden **BEFORE THE FALL** the atmosphere was peaceful, joyful, comfortable and abundant. Adam and Eve's environment caused them to **FEEL** relaxed.

Their environment caused them to **SEE** themselves as God sees them. Their environment **INSPIRED** them to obey the Word of the Lord. The scripture below will give you a clear picture of the environment **BEFORE THE FALL.**

Genesis 2:9-14 says, "The Lord God caused every beautiful tree and every tree that was good for food to grow out of the ground. In the middle of the garden, God put the tree that gives life and also the tree that gives the knowledge of good and evil.

A river flowed through Eden and watered the garden. From there the river branched out to become four rivers. The first river, named Pishon, flows around the whole land of Havilah, where there is gold.

The gold of that land is excellent. Bdellium and onyx are also found there. The second river, named Gihon, flows around the whole land of Cush. The third river, named Tigris, flows out of Assyria toward the east. The fourth river is the Euphrates."

AFTER THE FALL

AFTER the fall of Adam of Eve their environment dramatically changed. Their environment became toxic, distressful, stressful, disorganized and chaotic.

The misery of their environment caused them to **FEEL** distraught and hopeless. The struggle of their environment created confusion. The toxicity of their environment changed their perspective on life.

Genesis 3:15-19 says, "I will make you and the woman enemies to each other. Your descendants and her descendants will be enemies. One of her descendants will crush your head, and you will bite his heel."

Then God said to the woman, "I will cause you to have much trouble when you are pregnant, and when you give birth to children, you will have great pain. You will greatly desire your husband, but he will rule over you."

Then God said to the man, "You listened to what your wife said, and you ate fruit from the tree from which I commanded you not to eat. "So I will put a curse on the ground, and you will have to work very hard for your food.

In pain you will eat its food all the days of your life. The ground will produce thorns and weeds for you, and you will eat the plants of the field.

You will sweat and work hard for your food. Later you will return to the ground, because you were taken from it. You are dust, and when you die, you will return to the dust."

An atmosphere has the power to shift your entire being. How are you controlling your environment? It does not matter if it's a room, a space, a department or a territory. Whatever is in your possession you can control.

STABLE EMOTIONS

The **SECRET** to keeping your emotions stable is **CONTROLLING YOUR ATMOSPHERE**. There may be

some situations when you cannot control the atmosphere. During times like these exhibit self discipline to stay consistent with who you are. However, there are daily moments when you will be able to control your atmosphere.

HERE'S WHAT I MEAN

- When you are driving in your car you are in control of your atmosphere.
- When you are at home you are in control of your atmosphere.
- When you are in a(n) influential position you control the atmosphere.

Whenever you can dictate the tone, climate, culture and mood of an environment you **CONTROL** the atmosphere. When you are in the position of control do not surround

yourself with items that are dark, gloomy, depressing, sad, etc. Your Atmosphere is the **CATALYST** of your happiness.

Keep items around you that bring you energy. Surround yourself with people who ignite your passion. Listen to music that generates excitement.

Read books that opens your mind to new thoughts. Watch television shows that inspires and motivates you to keep going through challenges and obstacles.

**YOU CANNOT HAVE A QUALITY LIFE
WITHOUT A QUALITY ATMOSPHERE!**

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