

# CHOOSE YOUR ATTITUDE, CHANGE YOUR LIFE

## 1 - Attitude Is Everything!

"Let God transform you inwardly by a complete change of your mind."  
- Romans 12:2

Summing it all up, friends,  
I'd say you'll do best  
by filling your minds  
and meditating on things  
true, noble, reputable,  
authentic, compelling,  
gracious—the best,  
not the worst; the beautiful,  
not the ugly; things to praise,  
not things to curse.  
- Philippians 4:8, MSG

Attitude is our mental and emotional response to the circumstances of life. We may not be able to change many of our circumstances, but we can change our attitudes. And as we do so, we can experience the transformed life that God intends for each of us.

## Welcome

If you were to erase one hour in the day or one day in the week that gives you the most problems, what hour or day would it be?

## Word

### Read Philippians 4:4-10

1. To what extent is your attitude a matter of *choice*, not *circumstance*?
2. How does the encouragement of Scripture to have a great attitude (one's emotional and mental response to the circumstances of life) differ from the world's "positive thinking" philosophies?
3. Comment on the following statement, "*Attitudes ultimately determine our actions.*"
4. A number of practical insights are provided in this passage about ways to maintain a great attitude, regardless of one's situation. What are they?
5. Are you holding on to anything (comparison, a "right" to complain, a hurt, etc.) that keeps you from having a positive attitude? Share a situation in your life right now—at home, work, church, or school—in which you need God's help to maintain a proper attitude. [Keep in mind that your group time is an opportunity for "one-another" ministry—*prayer* and *encouragement*—and not just discussion.]

## Works

To what degree is your thought life robbing you of joy? How joyful do you really want to be? To a great extent, our attitudes are shaped by what we read, what we watch, who we listen to, and what we think about. Write Philippians 4:8 on a note card and carry it with you this week. When you feel wrong attitudes cropping up this week (and they most certainly will!), deliberately refocus your thinking. Ask God to continue His transforming work within you as you allow God "*to transform you inwardly by a complete change of your mind*" (Romans 12:1).

## Worship

The Book of Philippians has inspired a number of songs. What particular songs come to mind? As people respond, sing those songs. And in case you get stumped, here are a few to get you started: "Rejoice in the Lord Always," "Jesus is Lord," "I Want to Know Christ," "He is Lord" (179), "Servant Song," (694).