

BREATHE ... *again*

#2 Attitude: You get to choose

2 Timothy 3:1-5

Introduction:

Everyone at some time drifts into and gets stuck in “The Doldrums” - you don’t always know how you got there and you’re sure you don’t know how to get out! The doldrums is a place where we struggle to find life in our relationship with God, and we need the fresh wind of the Holy Spirit to fill our sails and move us towards Him. While the Holy Spirit is the One who fills us, we have a large part to play, and it has everything to do with our attitude. A bad attitude will sink us. A good attitude will set our sails for God to fill. *We get to choose!!*

Ice Breaker:

Share a situation where an attitude (yours or another person’s) change the atmosphere.

Talk about it:

1. In 2 Timothy 3, it describes “last days” attitudes... “**ungrateful, unholy, without love (unloving), unforgiving,**” (2 Timothy 3:2–3 NIV). Of these four “un’s” which do you struggle with and why?
2. **Quote:** *“The longer I love, the more I realise the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.”* — Charles R. Swindoll. **What do you take from this?**
3. How do you start your day (apart from the early cuppa)? Is it with God? Or do you meet Him along the way by accident? Read Psalm 19:14. How might this verse help?
4. Read Hebrews 12:1. What attitudes tangle your feet and trip you up from running the race God has set before you?
5. Read 2 Corinthians 6:10. What do you make of Paul’s attitude? How might this have helped him or can help you? Compare with 1 Thessalonians 5:18 & Philippians 4:8
6. You will always have bad or difficult days. Fact!! Do you consciously turn your personal struggles over to God or try and handle them yourself? Read Philippians 4:6-7; 1 Peter 5:7

The Next Step

Begin today and choose a Christ-like attitude. Read Philippians 2:5-11 each day and put yourself in the place of Jesus. Your attitude could make or break any relationship, work place scenario, or worse... your spiritual life. Why not put in place some new attitude habits that have the potential to set you up for “success”, even if you “fail”. Pray for each other during your group time.

Verse to remember:

“... our attitude should be the same as that of Christ Jesus.” Philippians 2:5