

## **Real.Life.Journey – Week 7: ATTITUDE IS EVERYTHING**

1) Did you memorize Philippians 3:13-14? Have someone in your group recite it from memory. Was this difficult? What was different, in you, this past week because you committed this to memory (or at least tried to)?

2) In general, how would you rate your attitude toward life? Are you an optimist? A pessimist? A Pollyanna? A “realist?” How would others describe you?

### ***Read Philippians 4:2-3***

3) Euodia (ee-oh-DEE-ah) and Syntyche (soon-TUKE-aye) were stuck in a serious conflict. Regardless of what started it, one or the both of them were unwilling to let it go. Have you ever found yourself in that situation? Describe the situation to your group. Was the conflict resolved? If so, how?

### ***Read Philippians 4:4-6***

4) Thinking about the situation you described above, how would the situation have been different (or how would it be different today) if you “let your gentleness be evident to all?” In other words, if you were to put a higher priority on the relationship than on your pride or your right to be right? What would you need to give up? What would you need to say or do?

### ***Read Philippians 4:7-9***

5) Take a few moments to make a short list of the things in your life and in this world that are true, noble, right, pure, lovely, admirable, excellent or praiseworthy. Share your list with your group.

6) Now make a short list of the last few TV programs you have watched; websites you have visited; books, magazines or newspapers you have read; topics you have pondered; and how you have spent recent free time. In other words, what have you been “thinking about?”

7) How different are these two lists? What needs to change in order to adjust your attitude and allow the peace of God to guard your heart and mind?

8) Read aloud together Philippians 4:8, and make a commitment to memorize this verse before the next time you meet:

***Finally, brothers, 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.***

*(Spend some time in prayer for one another)*