



SG | Small Groups

Your attitude makes a BIG DIFFERENCE in your life!

“There is little difference in people, but the little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.” — W. Clement Stone

A cheerful heart is **good medicine**, but a broken spirit saps a person’s **strength**. *Proverbs 17:22*

What is attitude?

“Your attitude is your emotional approach to life.” — John Maxwell

It’s easier to have a negative attitude than a positive one.

A negative attitude will cost you happiness ,
 relationships , and opportunities .

Attitude is a choice .

“I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. We are in charge of our attitudes.”
— Chuck Swindoll

Your attitude is a byproduct of your thoughts .

1. Problems are awesome !

“Problems are the price of progress. Don’t bring me anything but trouble. Good news weakens me.” — Charles Kettering
James 1:2-4

2. Things don’t have to go my way .

*“If anyone would come after me, let him **deny himself** and take up his cross daily and follow me.”* *Luke 9:23*

“Being dead to self is the condition where the mere fact that I do not get what I want does not surprise or offend me and has no control over me.” — Dallas Willard

Romans 8:28

3. Tell yourself, “ Yes , I can !”

“What do you mean, ‘If I can?’” Jesus asked. **“Anything is possible** if a person believes.” *Mark 9:23*

*“I can do **all things** through **him** who strengthens me.”*
Philippians 4:13

“The greatest discovery of any generation is that a human being can alter his life by altering his attitude.” — William James

Group Prep

In preparation for your small group, please read James 1:2-18, Philippians 4:10-14, and answer the following discussion questions prior to attending.

Introduction

Your attitude is your “emotional approach to life,” and for better or for worse, your attitude has a massive impact on your entire life. It doesn’t take much effort to be negative because it comes naturally. But a great attitude is something we can choose to have and achieve with the right thinking.

Discussion Questions

1. Read the quote by W. Clement Stone found in your Weekend Service notes. Do you agree with this quote? Why would he think someone’s attitude is such a difference-maker?

What specifically causes your attitude to take a nose dive into the toilet? A bad attitude can be costly. Of the three costs shared this past week, which one resonates with you the most and why? What has your bad attitude cost you?

2. Who is someone you know that consistently exhibits a positive attitude? How so?

In James 1, how does the author describe joy? How is joy different from happiness? What are some of the commands shared by James that could help us get a grip on our attitude?

James presents the overarching idea that “problems are awesome!” How could he possibly come to this conclusion?

3. Our attitude is a byproduct of our thoughts, and we often think things must go our way to have a good attitude. Read Luke 9:23 and Romans 8:28. How could these two passages help us change our thought process to reflect “things don’t have to go my way?”

What situation are you currently dealing with that you can’t control? What are some ways to avoid or overcome a bad attitude when you can’t control negative environments or bad circumstances?

4. Read Philippians 4:10-14. How does the idea that “all things are possible with God” provide us hope for changing our attitude? Going forward, what practical steps can you take to stay focused on having a great attitude?

Outreach: Groups in Action

The Refuge is in need of individuals to help with their afterschool program. This is a long-term need during the school year. Are you able to help Monday or Wednesday from 3:30-5:30pm? Call 317-889-7388 if you are able to help.

As a small group, would you like to help serve at a local nursing home? Food pantry? Or help a single mom? Talk about it as a group and email Kerry Carmichael at kcarmichael@eclife.org with your desire and the night of the month that you would like to serve. She will help connect your group to a service project for your 10-week semester.

Action Step

Fill in the blanks below for this upcoming week.

My action steps are _____.

I’m accountable for _____, and their action steps are _____.

My memory verse is _____.

This coming week, I’m praying for: