

Attitude is everything - Week 1 - "Resilience"

Welcome - Ask the group to think about a recent occasion when their attitude wasn't that great? Make it light hearted, maybe you should kick off with an example yourself.

Word - The first attitude we are looking at is RESILIENCE

- What does this word suggest to you?
- Where have you seen resilience at work in other people?
- How impressive and impacting is it when you see resilience at work?

Read Phil. 1 v.12-14. Give a brief recap on the situation Paul finds himself in.

- Given his circumstances, why is this such a remarkable statement?
- What does this reveal about Paul's perspective?

Open up for discussion the model that was mentioned...

Things happen to us - Things happen in us - when the right things happen in us, great things happen through us!

- Where have you seen this at work in others and in your own life?
- Why is it hard to maintain a resilient attitude when life overwhelms us?
- In trying to dig under the surface of Paul's attitude read Phil 1 v. 21-23.
- What does this say to you?
- What difference should this make to the way we live life and face difficulties if we really believed this like Paul did?
- What practical ways can we build resilience into our own lives?
- What ways can we support others who are going through overwhelming circumstances?

Finish by asking if anybody is going through a tough time, then gather round them and pray for them. Share words and scriptures with them as you sense the spirit leading you.

Pray as a group for the Alpha course starting on Sept 17th

Pray also for the i:GROW conference and weekend, Sept 22nd & 23rd