

Attitude is everything - Week 4 - "Contentment"

Welcome - Open up the evening by asking this question, "When recently have you caught yourself with a bad attitude and when have you noticed you had a good attitude to something?"

Be willing to lead the way with this!

Word - This week we are looking at Phil. 4 and our attitude to anxiety.

- What do you think of when you hear the word anxiety?
- What are some common attitudes towards this subject?
- Why do you think this is such a growing challenge in our society right now?
- What should our attitude be towards those suffering from anxiety issues?

Read the following scriptures and open up a conversation around how we can adjust our attitude towards anxiety when it comes knocking on our door....

Phil 4 v 4-7

- What does Paul say we should do when facing anxiety?
- What have you discovered about how to respond during anxiety?
- Why is this difficult?
- Why is this critical?

Phil. 4 v 8-9

- How important is thinking when it comes to the subject of anxiety?
- Note the promise at the end of both these scriptures, God responds when we adjust.
When have you experienced God's peace during times of anxiety or worry?

Phil. 4 v 10-13

- What do you think of when you hear the word contentment?
- Why can this be such a powerful attitude to cultivate?
- How can this attitude have a positive impact on our anxiety?
- Where do you need God's strength right now? Where do you need to experience the peace of God right now?

Prayer:

Spend some time praying for one another- be vulnerable, be expectant! Be open to God using you to speak into one another's lives.

Finish by praying for others affected by anxiety, those you know and those you don't, especially the hundreds of children and young people affected by this.