



STRENGTHENING OUR GRIP

A study of issues especially relevant to the lives and faith of Christian men

Lesson 8 → Strengthening Our Grip On Attitudes:

- A. What does it take to create and sustain success? It takes some of the same things in our spiritual lives as it takes in business and in sports:**
1. There's an old adage which states, "Attitude plus effort equals excellence"
 2. The plateau of success and winning isn't attained simply by acting right, it is vital that athletes, businessmen, teachers, doctors, and even Christians think right as well.
 3. Keeping the right attitude is probably one of the most underestimated values in our lives:
 - a. Many say that life is 10% what happens to us & 90% how we respond to it.
 - b. It could be said that Jesus was speaking on the subject of our attitudes when He gave what we call "The Beatitudes" – Attitudes toward ourselves, others, & God
 - c. Our attitude is one of the single most significant decisions we can make on a day to day basis. Whatever our attitude most often dictates the direction our life goes
- B. I am sure we all realize that having a godly attitude is necessary in our walk with God, but what is exactly is a godly attitude and how do we maintain it with so much that wars against it?**

Questions For Class Discussion:

1. **First, give a definition or description of what attitude is. Explain the impact your attitude, whether good or bad, has on your life (Phil 4:13)**
2. **What are some negative attitudes people tend to struggle with? How do these impact those around you? (Num 13:32-4:4)**
3. **No person says, "I want to have a bad attitude!" So, identify some causes or some catalysts for negative attitudes that you may struggle with from time to time.**
4. **Describe the relationship of our attitudes to our faith? In other words, how are our attitudes shaped by our faith? Or, how is our attitude a reflection of our faith? (Passage)**

**"The greatest waste of energy in our ecologically minded world is not electricity or natural gas or any other "product," it's the energy we waste fighting the inevitable! And to make matters worse, we are the ones who suffer, who grow sour, who get ulcers, who become twisted, negative, and tight-fisted fighters. Some actually die because of this."
Swindoll – page 196**

“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind.” (Philippians 2:1-2 ESV)



5. Read Philippians 2:1-2. What phrases does Paul use here that speaks about our attitude? What important principle(s) concerning our attitude is emphasized in these verses?

6. Paul talks about some godly attitudes throughout the book of Philippians we should strive to possess. He often does this by using the term “mind.” Your mindset is your attitude.

a. What attitude does he discuss in Phil. 2:3-4? What are some ways in which this attitude is manifest in our actions and words?

b. What attitude(s) does he imply we should have in Phil. 2:14? How is this attitude manifest?

c. What attitude does he call for in Phil 3:1; 4:1, 4? How is this attitude observed in our lives?

7. Read Philippians 4:8-13. There are at least four different things that can help us strengthen our grip on our attitudes. What are there? What are some practical ways to put these into practice?

8. Our attitude is also very important in dealing with the difficulties that come in life. With this in mind read Psalm 34. How bad could this day have been? What kind of day did this turn out to be for David? What made the difference?