



Choose your Attitude

Being Content with Christ

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Attitude is a Choice

Key Verse:

Philippians 4:8 “So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.”

1. Choose Your Attitude of _____ In Spite of Your _____.

Your situation might be tough right now, but God's always alive, awake, actively working, and attentive to your situation. He saw it coming! He's fully prepared! He's not caught off guard! He wants to grow you through it and He's on your side. If God is for us (and we know He is) than who or what can possibly be against us?

2. Choose Your Attitude of Being _____ When Nothing Seems _____.

Some of the toughest times you go through aren't necessarily times of deep loss, but rather are times of waiting, times of uncertainty and unrest. When your presumed reality seems to be threatened and the positive things you were counting on seem to fall through, you can still be hopeful. You can always have a confident expectation of good. God's goal for you doesn't change. He still intends to shape you into the image of Christ. He's still going to live His life in absolute victory in and through you. He's still causing you to be more than a conqueror through Christ.

3. Choose Your Attitude of Being _____ with _____ Alone.

Contentment boils down to accepting with gratitude whatever God has in mind for you because it's good, surrendering your own idea of what's necessary in exchange for His idea of it, and simply trusting that if He started it, He'll finish it too.

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION:

Personal Life:

1. What do you look back on as the happiest days of your life? Were they really that good?
2. How does what you think about affect how you feel? How does it affect your relationship to God?

Ponderings:

3. What do you do to relieve stress from worry in your life? What does Paul say to do?
4. Looking at Philippians 4:8, what are some things you can think about that fit these characteristics?
5. What is Paul's secret to contentment (Philippians 4:11-13)? How does Paul's view of contentment compare with the modern world's view of contentment?
6. What is the closest you have come to experiencing what Paul talks about in Philippians 4:11-13: Rebounding from loss of freedom? Loss of some physical skill? Loss of some vocational opportunity? Loss of a partner in your life? Loss of financial security? Other?

Promptings:

7. On a scale from 1 to 10, what is the stress level in your life? What is your body saying to you? How can prayer help?
8. What outside force is most likely to upset your contentment? Since God does not always change negative outside forces, what can He change in you so that contentment is possible?
9. What one thing from Philippians do you especially want to apply in your life?