



FROM THE BIBLE
Psalm 42:3-8; 11 (NLT)
Psalm 34:18 (NLT)
Zephaniah 3:17 (NLT)
Romans 8:28 (NLT)
1 Peter 5:7 (NLT)
Deuteronomy 31:8 (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 3 | Crush A Bad Attitude

1. Joel opened this message by telling a story about how taking his daughter to Kindergarten testing turned into a bad attitude while 100's of kids around him were having the best day of their lives because it was their last day of school. What kind of things give you a bad attitude even if they don't effect the people around you?
2. In this message, we said *we can either own our attitude OR our attitude can own us*. Have you found that to be true? What's it look like when you own your attitude versus your attitude owning you?
3. How can changing your attitude change you life?
4. Read Psalm 42:3-5. What are some signs that the writer is struggling with his attitude? Can you pick out some ways that he's trying to own his attitude?
5. In this message, we looked at 3 ways to *crush a bad attitude*. The first was to *talk back to a bad attitude*. Read Psalm 34:18, Zephaniah 3:17, Romans 8:28, 1 Peter 5:7, & Deuteronomy 31:8. How can these verses serve as ammo to talk back to a bad attitude?
6. Another way to *crush a bad attitude* is to *deal with your disappointment*. What's something disappointing that you've faced before & how did it impact your attitude?
7. Read Psalm 42:6-8 and notice that the writer admits he's deeply discouraged. In other words, he faces it. Why is facing disappointment important? How did the writer then shift after saying he was *deeply discouraged*...what is he remembering?
8. In this message, Joel encouraged us to *make a list of all the awesome things in your life* so that when you're having a bad attitude or in a bad situation, you can remember all the good things God has done in your life. Can you list a few things right now & how can this help when we're discouraged?
9. Joel ended this message with reading some words from Chuck Swindoll who wrote : *I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our attitudes*. Discuss Chuck's quote.