

TALK IT OVER

Not a Stranger...Hope in a World of Suffering

Week 3: *Getting My Mind Right*

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Icebreaker: What is something you've changed your mind on recently?

How can we really tell if someone is a follower of Jesus?

*Matthew 7:20 (NLT) Yes, just as you can identify a tree by its fruit, so you can identify people by their actions. **By how we LIVE.***

*John 13:34-35 (NLT) So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples. **By how we LOVE.***

1 Peter 4:1 (NLT) So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and be ready to suffer, too.

attitude: Greek *ennoia* = moral understanding; engaged in mindful thought

Getting our Minds Right

1. Attitude of Commitment

1 Peter 4:2 (NLT) For if you have suffered physically for Christ, you have finished with sin. You won't spend the rest of your lives chasing your own desires, but you will be anxious to do the will of God.

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." Viktor Frankl – Holocaust survivor

2. Attitude of Wisdom

1 Peter:4:3-5 (NLT) You have had enough in the past of the evil things that godless people enjoy—their immorality and lust, their feasting and drunkenness and wild parties, and their terrible worship of idols. Of course, your former friends are surprised when you no longer plunge into the flood of wild and destructive things they do. So they slander you. But remember that they will have to face God, who stands ready to judge everyone, both the living and the dead.

3. Attitude of Prayer

1 Peter 4:7 (NLT) The end of the world is coming soon. Therefore, be earnest and disciplined in your prayers.

4. Attitude of Love

1 Peter 4:8-11 (NLT) Most important of all, continue to show deep love for each other, for love covers a multitude of sins. Cheerfully share your home with those who need a meal or a place to stay. God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.

- ✓ Hospitality = Greek *philoxenosa* = love strangers
- ✓ Serving = Greek = *karisma* = using our gifts to serve and encourage others

1 Peter 4:12-13 (NLT) Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to all the world.

Which attitude do I need to adjust in the face of suffering?

Would people around me know that I follow Jesus by how I live and love?

Discussion Questions

- ✓ Think about a time in your life when you were suffering. What attitudes did you have during that season?
- ✓ Which of Jesus' four attitudes is the easiest for you to adopt?
- ✓ Which of Jesus' four attitudes is the hardest to adopt and why?
- ✓ Do you have a go-to self-medication when you're suffering?
- ✓ What are some ways we can move from inward focused to outward focused when we are suffering?