

## **GROUP QUESTIONS: STAY POSITIVE: I'M OPTIMISTIC**

What do you think of Valentine's Day? Do you love it? Hate it? Don't care? Do you have a favorite valentine's day memory you can share with the group?

Take a minute to summarize with your group the main idea of the message from Sunday. Briefly share what stood out to you the most.

In your own words, what does it mean to have what John Maxwell called a "*Positive Life Stance*?" On a scale of 1 to 10, share how much you think embracing a positive life stance will be challenging for you? (1 = Super easy to be positive. 10 = It's going to be really tough! It's nearly impossible for me to be positive!)

Can anyone in our group share a story from your own life about learning to be more optimistic about life? What happened and what did you learn from the experience?

Read Romans 8:31-39 and discuss what stands out to you about God from these verse. How do you think Paul's view of God affected his attitude about life?

What were the three "He Who's" that were mentioned in the message on Sunday. Which of these seems most helpful to you right now? Why?

During difficult times in life it can be very challenging to have faith filled optimism. Read Romans 8:28-30 and discuss how the truth found in this passage can help us during challenging times.

What were the 4 ideas Jason gave for practical ways we can fuel our lives with positive energy? Which one of these will you focus on this week and what can you do to build it into your life?

How can we as a group encourage one another to have a faith-filled optimism each week?