**Attitude Adjustments**

What should my attitude be as a Christian?

Lesson 3: Adjust for Focus (Philippians 3)

**Introduction**

What does it mean to “focus”? Discuss with the people around you and try and come up with a simple explanation. Once you have it, make a list of all the reasons focus is important for us.

**Read Philippians 3:1-11**

1. Circumcision and Jewish heritage probably are not high on our list of tempting things to focus on. What are some other things we tend to put our confidence in instead of Christ?
2. Paul goes on to say that if he wanted to focus on that sort of thing, he would have an impressive resume. Instead, he considers all of those earthly things garbage compared to his faith in Jesus. What are some reasons it is important for Christians like us to do the same?

**Read Philippians 3:12-14**

1. Discuss these verses with the people around you. In what ways are they encouraging to Christians like us who are still living in a sinful world?
2. What are some practical things you have done or are doing to help you “press on” toward heaven?
3. Agree or Disagree? Christians need to treat heaven as a prize they are trying to win.

**Read Philippians 3:15-21**

1. When we keep our eyes on the good examples of other Christians, what are some ways we are helped?
2. Discuss the following questions with the people around you.

What are some common or frustrating ways the unbelievers around us disrupt our focus on Jesus?

We know that our citizenship is in heaven and that we are eagerly awaiting our Savior Jesus to come back. In what ways do those truths affect our interactions with unbelievers?

