**Attitude Adjustments**

What should my attitude be as a Christian?

Lesson 4: Adjust for Trust (Philippians 4)

**Introduction**

As Christians, we all know that trusting God is important. What are some reasons we still struggle to do it?

**Read Philippians 4:1-3**

1. It seems like these two Christian women, Euodia and Syntyche, were struggling to get along. Paul pleads with them to “be of the same mind in the Lord”. What are some ways we can do that when we aren’t seeing eye to eye with other Christians?
2. Agree or Disagree? If we trust God, we should also trust other Christians.

**Read Philippians 4:4-9**

1. In what ways does more trust lead to more joy?
2. Is prayer the ultimate cure for worry and anxiety? Why or why not?

**Read Philippians 4:10-23**

1. Discuss the following scenario with the people around you and decide how you would handle the “trust crisis”.

You’ve recently lost your job. Money was tight already, but now you and your family have no source of income and hardly any savings. You’ve been looking for a new job for weeks, but so far haven’t found anything. Your checking account continues to shrink and the pile of unpaid bills continues to grow. The stress of the situation is taking a toll on your health and your relationships. You’ve tried praying about the situation with your family, but it doesn’t seem to be helping. The pastor and your Christian friends keep telling you to trust God, but their words just sound like empty promises to you. God doesn’t seem to be doing anything and you can’t pay bills with Bible passages. What should you do?

1. Paul said he had learned the secret to being content whatever the circumstances. What do you think that secret was?

**Wrapping it up**

1. What is more helpful for encouraging your trust in God? Remembering who he is, or looking at what he’s already done for you? Why?