

FILLING YOUR MIND TO FULFILL YOUR LIFE

John Maxwell

Focus The way we think determines how we live. To live a fulfilled life in God, we must choose to live with a great attitude.

Open Who is your favorite person to be with? Why?

Read In Philippians 4:4–7, Paul describes what a person living a fulfilled life in God looks like. They are people who celebrate God (v. 4), add value to others (v. 5), give God their concerns (v. 6), and experience God's wholeness (v. 7). Paul goes on to describe *how* to become a person living a fulfilled life in God in verses 8 and 9. It's all centered on the attitude by which we choose to live.

People with a great attitude:

1. **Possess a teachable spirit**; putting the things they have learned into practice. Being teachable requires long, hard looks in the mirror and allowing God and others to speak into our lives (Philippians 4:9).
2. **Take responsibility for their attitudes.** How? By filling their minds with God things (v. 8), meditating on good things (v. 8) and practicing good things (v. 9).
3. **Travel the high road.** They treat others *better* than they are treated. The low road is to treat others *worse* than they treat us. The middle road is to treat others *the same* as they treat us. Choose the high road (Philippians 4:8).
4. **Understand its value.** A good attitude has value at the *beginning*, *middle* and *end* of a task.

God chooses *what* we go through, but we choose *how* we go through it. A good attitude determines whether or not we'll live the fulfilled life God intends for us to live.

Talk

1. Read Philippians 4:4–7. In your own words, what does living the fulfilled life in God look like today?
2. Read Ecclesiastes 10:2. Why does the way we think affect the way we live? How?
3. “We see people not as they are, but as we are.” (John Maxwell) What does this statement mean, and why is it true?
4. Read Philippians 4:8–9 in a few different versions of the Bible.
 - a. Why must we have a teachable spirit to have a great attitude?
 - b. Why must we understand that our attitude is our *choice* in order to live a fulfilled life in God? Practically, how do we take responsibility for the attitude that we possess?
5. What else does Ephesians 4:20–24 tell us about how to change our attitude?
6. What does Philippians 4:9 promise to those who choose to live with a great attitude?

Live

1. If someone were to ask your family and closest friends what kind of attitude you tend to display, what do you think they would say? Why?
2. Describe a situation in which it is difficult for you to cultivate a great attitude. What kind of attitude would you like God to help you develop in this area?

Pray

Thank God for His promise of peace and fulfillment for those who live with great attitudes. Ask Him to help you to put aside your old ways of thinking and to renew your mind. Commit to meditate upon the kinds of things listed in Philippians 4:8–9, specifically concerning any difficult situations you are facing. Ask God to give you peace.