



BIBLE STUDY

& Life Groups

TOPIC: -----

PASTOR ALTON TRIMBLE

MAR | 6th | 2024

Stay Connected with Us!

Prayer | Sundays, 9am

Worship Service | Sundays, 9:30am

NextGen Ministries | Sundays, 9:30am

Community Resource Fair | Saturday, March 16th, 9am

Women's Gathering | Saturday, March 23rd, 10am

Palm Sunday @ GCFI | Sunday, March 24th, 9:30am

Easter @ GCFI | Sunday, March 31st, 9:30am

Men's Huddle | Saturday, April 6th, 9am

www.glorychristian.org



TOPIC: YOUR ATTITUDE IS A CHOICE – PART II – PASTOR ALTON TRIMBLE
BIBLE STUDY & LIFE GROUPS: WEDNESDAY, MARCH 6, 2024

I SAMUEL 30:1-6 (NKJV)

Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire, ² and had taken captive the women and those who were there, from small to great; they did not kill anyone, but carried them away and went their way. ³ So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive. ⁴ Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. ⁵ And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. ⁶ Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

ROMANS 15:4 (NIV)

For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

1 Thessalonians 1:3 (NIV)

Remembering without ceasing your work of faith, labor of love, and patience of hope in our Lord Jesus Christ in the sight of our God and Father.

LESSONS WE CAN LEARN FROM 1 SAMUEL 30:1-6:

- I. IN WHATEVER THE SITUATION, YOU HAVE A CHOICE ABOUT HOW AND WHAT YOU FEEL IN IT.**
- II. YOUR EMOTIONAL EXPERIENCE IN A SITUATION IS NOT DETERMINED BY THE SITUATION. IT'S DETERMINED BY YOU.**
 - A. David in real-time transitioned from feeling afraid to feeling encouraged.
 - B. Thank God, He made us where our emotional lives are not dependent on what's happening.
 - C. The word of God validates this point.

JAMES 1:2 (NLT)

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.

II CORINTHIANS 4:7-9 (NLT)

We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. ⁸ We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. ⁹ We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

II CORINTHIANS 3:16-18 (NLT)

But whenever someone turns to the Lord, the veil is taken away. ¹⁷ For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. ¹⁸ So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

JOHN 16:33 (NKJV)

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

JOHN 14:27 (NKJV)

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

- D. We determine how we will experience our journey instead of the journey and related events determining our experience.
1. You are in the driver’s seat per God placing you there.
 2. The enemy will fight you tooth and nail to make you give up the great gift God gave you, CHOICE.
 3. Feeling stressed or depressed is not one of the Ten Commandments. It happens, don’t buy the lie; you can choose.
 4. Even if you feel bad right now you don’t have to stay there.

III. TAKE FULL RESPONSIBILITY FOR YOUR EMOTIONAL WELL-BEING.

I CORINTHIANS 10:13 (NKJV)

¹³ No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

PROVERBS 16:32 (NKJV) *He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.*

GALATIANS 5:16-24 (22-23)

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, longsuffering,

kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law. ²⁴ And those who are Christ's have crucified the flesh with its passions and desires.

PHILIPPIANS 4:13 (NKJV)

¹³ I can do all things through Christ who strengthens me.

QUESTION: So how do I use this gift of responsibility?

1. Identify with God as my source of strength.

I SAMUEL 30: 6 (NKJV) *Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.*

EXODUS 15:2 (NKJV)

² The LORD is my strength and song, and He has become my salvation; He is my God, and I will praise Him; My father's God, and I will exalt Him.

II SAMUEL 22:29-34 (NKJV)

"For You are my lamp, O LORD; The LORD shall enlighten my darkness. ³⁰ For by You I can run against a troop; By my God I can leap over a wall. ³¹ As for God, His way is perfect; The word of the LORD is proven; He is a shield to all who trust in Him. ³² "For who is God, except the LORD? And who is a rock, except our God? ³³ [a] God is my strength and power, and He makes [b] my way perfect. ³⁴ He makes [c] my feet like the feet of deer, And sets me on my high places.

PSALM 28:7-8 (NKJV)

⁷ The LORD is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him. ⁸ The LORD is their strength, [a] And He is the saving refuge of His anointed.

PSALM 46:1 (NLT)

¹ God is our refuge and strength, always ready to help in times of trouble.

PSALM 73:26 (NKJV)

²⁶ My flesh and my heart fail; but God is the strength of my heart and my portion forever.

PSALM 85:5 (NLT)

⁵ Will you be angry with us always? Will you prolong your wrath to all generations?

EPHESIANS 6:10 (NLT)

¹⁰ A final word: Be strong in the Lord and in his mighty power.

2. Begin to praise God in spite of your circumstances.

1 SAMUEL 30:7 *“bring the ephod here to me”*

HEBREWS 8:1-6 (NKJV)

HEBREWS 4:16 (NKJV)

¹⁶ *Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

3. Ask God what your next steps should be.

PSALM 27:4 (NLT)

⁴ *The one thing I ask of the LORD— the thing I seek most— is to live in the house of the LORD all the days of my life, delighting in the LORD’s perfections and meditating in his Temple.*

“Shall I pursue” – 1 SAMUEL 30:8

LIFE GROUP DISCUSSION QUESTIONS:

1. Please discuss what it means to take responsibility for what you are feeling emotionally.
 - Please identify feelings most people are confronted with daily and be specific; name them!
2. Were you in real-time transitioned from a negative to positive emotional state, or failed to do so?
 - Discuss how and why you did one or the other!
3. How is that we as believers are able to determine how we experience life’s journey instead of the journey determining how we experience them?
 - Please discuss and give specific examples.
 - What part of 2 Corinthians 3:16-18 most reflects the answer to the question above? Please explain why.
4. What God is saying to you in John 14:27?
 - Please read and discuss!