



BIBLE STUDY

& Life Groups

TOPIC: YOUR ATTITUDE IS A CHOICE
(PART 3)

PASTOR ALTON TRIMBLE

MAR | 13th | 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

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TOPIC: YOUR ATTITUDE IS A CHOICE – PART III – PASTOR ALTON TRIMBLE
BIBLE STUDY & LIFE GROUPS: WEDNESDAY, MARCH 13, 2024

1 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, ²and 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. ³So 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. ⁴Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. ⁵And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. ⁶Now 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)

1 Thessalonians 1:3 (NIV)

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

1 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 5:22-23

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: How do I use the 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.

I 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

4. When you have direction from God give Him something to bless!

1 SAMUEL 30:9 *“So David went”*

5. Maintain a healthy distance between yourself and unhealthy, un-resourceful, negative states of mind.

PROVERBS 4:23 (NLT)

²³ Guard your heart above all else, for it determines the course of your life.

PROVERBS 23:7 (NKJV)

⁷ For as he thinks in his heart, so is he. “Eat and drink!” he says to you, But his heart is not with you.

ROMANS 10:10 (NKJV)

¹⁰ For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

6. Say what you want to have.

PSALM 27:1 (NKJV)

The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid?

PSALM 100:5

⁵ For the LORD is good; His mercy is everlasting, and His truth endures to all generations.

DEUTERONOMY 31:8 (NLT)

⁸ Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”

GENESIS 16:13 (NKJV)

¹³ Then she called the name of the LORD who spoke to her, You-Are-the-God-Who-Sees; for she said, “Have I also here seen Him who sees me?”

PSALM 116:2 (NKJV)

² Because He has inclined His ear to me, Therefore I will call upon Him as long as I live.

PSALM 27:3 (NKJV)

³ Though an army may encamp against me, My heart shall not fear; Though war may rise against me, in this I will be confident.

LAMENTATIONS 3:22-23 (NKJV)

²² Through the LORD's mercies we are not consumed, Because His compassions fail not.

²³ They are new every morning; Great is Your faithfulness.

PSALM 17:8 (NKJV)

⁸ Keep me as the apple of Your eye; Hide me under the shadow of Your wings.

HEBREWS 4:15 (NKJV)

¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

EXODUS 14:14 (NLT)

¹⁴ The LORD himself will fight for you. Just stay calm.

PSALM 147:3 (NLT)

³ He heals the brokenhearted and bandages their wounds.

HABAKKUK 3:19 (AMP)

The Lord GOD is my strength [my source of courage, my invincible army]; He has made my feet [steady and sure] like hinds' feet and makes me walk [forward with spiritual confidence] on my ^[a]high places [of challenge and responsibility].

PSALM 27:13 (NLT)

¹³ Yet I am confident I will see the LORD's goodness while I am here in the land of the living.

PROVERBS 3:6 (NLT)

⁶ Seek his will in all you do, and he will show you which path to take.

II CORINTHIANS 4:7-9 (NKJV)

⁷ But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. ⁸ We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed—

PSALM 34:18 (NLT)

¹⁸ The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.

PSALM 23 (NKJV)

The LORD is my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul; He leads me in the paths of righteousness for His name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. ⁵ You prepare a table before me in the

presence of my enemies; You anoint my head with oil; My cup runs over. ⁶ Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.

PSALM 22:19 (NLT)

¹⁹ O LORD, do not stay far away! You are my strength; come quickly to my aid!

PSALM 33:20-22 (NKJV)

²⁰ Our soul waits for the LORD; He is our help and our shield. ²¹ For our heart shall rejoice in Him, because we have trusted in His holy name. ²² Let Your mercy, O LORD, be upon us, just as we hope in You.

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.

EPHESIANS 6:10-11 (NLT)

¹⁰ A final word: Be strong in the Lord and in his mighty power. ¹¹ Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

I CORINTHIANS 14:33 (NKJV)³³ *For God is not the author of confusion but of peace, as in all the churches of the saints.*

MATTHEW 18:12 (NLT)

¹² "If a man has a hundred sheep and one of them wanders away, what will he do? Won't he leave the ninety-nine others on the hills and go out to search for the one that is lost?"

PSALM 142:5 (NLT)

⁵ Then I pray to you, O LORD. I say, "You are my place of refuge. You are all I really want in life.

PHILIPPIANS 4:4 (NKJV)

⁴ Rejoice in the Lord always. Again, I will say, rejoice!

EPHESIANS 1:18 (NLT)

¹⁸ I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

LIFE GROUP DISCUSSION QUESTIONS:

1. What does it mean to you to identify with God as your source?
 - Please discuss and give specific examples.
2. How do you practice putting on Christ in your daily walk with God?
 - Please discuss and give example.
3. What can you do to improve on asking God for next steps in your life and circumstances?
 - Please discuss and provide examples.
4. From what does your heart most need protection?
 - Please discuss and be specific.
5. 1 Samuel 30: 9 says *“So David went”*, what did David give God to bless in his response to God?
 - Please discuss with specificity.