LORD, CHANGE MY ATTITUDE

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Viewer Guides with Answers

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Group Activity 1

When you get out of bed in the morning, what is your attitude? Is it a good indicator of your attitude for the day? your outlook on life? Find one or two more people with a morning attitude like yours. Talk about whether it’s time to change your attitude.

Discussion Questions

1. Look at the contents page of this book. You’ll see five negative and five positive attitudes. Think about the 5–10 people who are closest to you. Which of the attitudes do you see most often? Which do you seldom see? Do you see more negative or positive attitudes?
2. Without reading any content, which one negative and one positive attitude do you most want to read about at this point? Why?
3. Do you think people are aware of or think about their attitudes? How do you think people develop positive or negative attitudes?
4. Do you think it is easy or difficult to change an attitude?

Video

In this introductory video, you’ll get some general information about what attitudes are and how you can change them. You’ll also look at what a complaining attitude does in your life, your relationships, and your witness.

Video Notes

Attitude controls __outcome__. Those who choose __murmuring__ as their lifestyle will spend their lifetime in the __wilderness__. We choose our __attitudes__. An attitude is a pattern of __thinking__ formed over a long period of time. Complaining is __sin__. 
About a Complaining Attitude

Do you have a complaining attitude? This week’s study will delve into Scripture and help you apply biblical truths to your life to see if you are a complainer and, if so, what you can do about it.

Study

Challenge

Discussion Questions

About a Complaining Attitude

1. James MacDonald says that God hears, hates, and judges our complaining. Why does God hate our complaining?

2. What can we learn from the biblical examples used? How can we apply them to life today?

3. Should people accept their lot in life, work to change it, or some combination of the two?

Sin means missing the mark.

Complaining means "to express dissatisfaction with a circumstance which is not wrong and about which I am doing nothing myself to correct."

God hears our complaints.

God hates our complaining.

God judges our complaining.

1. James MacDonald says that God hears, hates, and judges our complaining. Why does God hate our complaining?

2. What can we learn from the biblical examples used? How can we apply them to life today?

3. Should people accept their lot in life, work to change it, or some combination of the two?
With a partner or in a group of three, share how your study this week has affected your complaining. Have you noticed when you complain? Give an example of how you have tried to change your complaining response this week.

**Discussion Questions**

About Complaining

1. What is complaining?
2. What does complaining sound like?
3. Are you a complainer?
4. What is the root and fruit of your complaining?
5. How do you want to change?

**Video**

Watch and listen for how you can change your attitude from complaining to becoming thankful.

**Video Notes**

Gratitude is the attitude that sets the altitude for living.

Attitude is everything.

God despises a negative, fault-finding, faithless attitude.

Faith grows in the soil of gratitude.

Gratitude—To show that a kindness received is valued.
Study

Challenge

With a Thankful Attitude

Can you grow in having a thankful attitude? This week's study will take a look at relevant Scripture passages and help you apply biblical truths to your life to see if you have a thankful attitude.

Discussion Questions

About a Thankful Attitude

1. Why should Christians be thankful?
2. To whom should we be thankful?
3. For what should we be thankful?
4. How does being thankful rather than complaining make you feel?
5. How does being thankful instead of complaining affect your relationship with God?
6. How does being thankful instead of complaining affect your relationships with other people?

Thankfulness is a decision.

Thankfulness is a decision based in reality.

Thankfulness is a life-changing decision.
We go back to the desert to look at the attitude of coveteousness. Watch and listen for what covetousness does in a believer’s life.

**Video Notes**

Those who choose _murmuring_ as their lifestyle will spend their lifetime in the wilderness.

Covetousness is wanting _wrong_ things.

Covetousness is wanting _right_ things for the wrong reason.

Covetousness is wanting right things but at the wrong _time_.

Covetousness is wanting right things but in the wrong _amount_.

**Discussion Questions**

About Thankfulness

1. Why is gratitude such a big deal?
2. How did Jesus’ parable about the lepers illustrate sincere gratitude?
3. Are you thankful for what God has given you?
4. What is the root and fruit of gratitude?
5. How can you grow in expressing gratitude?

**Video**

We go back to the desert to look at the attitude of coveteousness. Watch and listen for what covetousness does in a believer’s life.

**Group Activity 3**

Give each person a piece of paper and a pen or pencil. Tell them to list 10 things for which they are thankful. Instruct them to draw a line following each of the 10 items. When everyone has their list, tell them to find someone who has one of the same items and to sign their name on the line by that item. Discuss briefly items the group found named most frequently and the items that were unique to one person’s list.
Act 1: Yielding to Covetousness and Why God **Hates** It

1. Covetousness becomes **sin** when you yield.

2. When we dwell on **desire**, yielding is only a matter of time.

3. At the root of covetousness is a rejection of God’s **sufficiency**.

Act 2: A **Gift** from God You Don’t Want

Beware of begging God for **nonessentials**.

If you’re a covetous person, **enough** is never enough.

If you’re a covetous person, you’ll spend your life in the **wilderness**.

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**Discussion Questions**

About a Covetous Attitude

1. Why does God hate covetousness?
2. James MacDonald says that covetousness becomes active sin only when we yield. Do you agree with this? Why or why not?
3. What are the consequences of having a covetous attitude?

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**Study Challenge**

Do you have a covetous attitude? This week’s study will delve into Scripture and help you apply biblical truths to your life to see if you are covetous and, if so, what you can do about it.
Group Activity 4

In small groups of five or six, let someone toss out a category and the entire group will respond with things for which they are thankful. For example, someone might say “people.” Group members might respond with: “Thank You, Lord, for my pastor.” “Thank You, Lord, for my spouse.” “Thank You, Lord, for my doctor.”

Discussion Questions
About a Covetous Attitude

1. Isn’t everyone greedy to a certain extent?
2. Are you taking the sin of covetousness seriously?
3. How can you tell if you have a coveting problem?
4. How does covetousness affect your entire life?
5. What is your way of escape from the temptation of covetousness?

Video

Watch and listen for how you can change your attitude from covetousness to contentment.

Video Notes

The opposite of covetousness is __contentment__. 

Contentment = satisfaction in God’s sufficient provision, to rest in what one has and seek nothing more.

Godliness + Contentment = Great Gain

Faulty Formulas

1. Godliness + ____Prosperity____ = Great Gain
2. Godliness + ____Poverty____ = Great Gain
3. Godliness + ____Power____ = Great Gain
4. Godliness + ____Family____Harmony = Great Gain
5. Godliness + Ministry ____Success____ = Great Gain
Motivations
1. Look to __eternity__.  
2. Let __enough__ be enough.  
3. Learn by __example__.  

Keys to Contentment  
1. __Seek__ it.  
2. __Say__ it.  
3. __Settle__ it.  

Money allows you to go places and do things and experience pressures to sin that someone in poverty will never know.

1. Do you agree or disagree that covetousness and contentment are opposites. Why?  
2. How does contentment or seeking nothing more resonate with contemporary culture?  
3. Which of the Faulty Formulas have you encountered most often? What makes that formula faulty?  
4. Which of the motivations works best for you?  
5. What is the conflict between money and contentment?

Discussion Questions  
About a Contentment

Are you content with your place and possessions? This week’s study will take a look at relevant Scripture passages and help you apply biblical truths to your life to see if you can grow in an attitude of contentment.
In small groups of five, ask participants to share responses to this question: What temptations have you faced this week in the area of money and possessions? Give one another the opportunity to respond and offer loving, mutual accountability.

1. How content are you?
2. How can you learn to be content with what God has provided?
3. How are gratitude and contentment linked?
4. How are generosity and contentment linked?
5. What is the source of true, lasting contentment?

We are back in the desert looking at a critical attitude. Are you a critical person? Watch. Listen. Apply biblical truths to your own situation.

Video Notes

Criticism—To dwell on the perceived faults of another person with no view to their good.

Criticism is wrong.

Criticism ruins our fellowship with God.

Criticism is wrong for our relationship with others.

Criticism is wrong for us personally.

Every time God says, “Don’t,” what He means is, “Don’t hurt yourself.”
1. Think about someone you know who is critical. What do you think the real issue is for this person?
2. What was the real issue when Aaron and Miriam were critical of Moses?
3. Why is criticism so often a part of family relationships?
4. Share a time when you have seen a relationship ruined by criticism.
5. When, if ever, is criticism helpful?

Discussion Questions
About a Critical Attitude

Do you have a critical attitude? This week’s study will take a look at contemporary situations and biblical truths to help you assess whether you need to change your critical attitude.
Discuss in small groups: Has there ever been a time when criticism helped you? Describe how. What temptations have you faced this week in terms of what spirit comes out of your mouths? Give one another the opportunity to respond and offer loving, helpful accountability.

Discussion Questions About a Critical Attitude

1. How do you know your attitude is critical and not constructive?
2. What are the real issues behind a critical attitude?
3. What are the spiritual issues surrounding a critical attitude and a critical tongue?
4. What are the long-term consequences that result from a critical attitude?
5. How can you identify a critical attitude, its causes and results, when you hear it?

Move away from the desert now with an attitude of love. Watch and listen for how you can change your attitude from being critical of others to loving them.

Video Notes

All truth and no love is brutality.

Agape love is you before me.

All love and no truth is hypocrisy.

On the Majors—Action


Do you have a loving attitude? Would you like to grow in moving from criticism to love in your relationships? This week’s study will take a look at relevant Scripture passages and help you apply biblical truths to your life to move toward having a more loving attitude.

**Discussion Questions**

About a Loving Attitude

1. What Scripture passage best expresses love to you?
2. Explain why you agree or disagree with this statement: All truth and no love is brutality.
3. James MacDonald says, “Agape love is you before me.” What are some real-life examples?
4. Explain why you agree or disagree with this statement: All love and no truth is hypocrisy.
5. How do you determine “majors” from “minors”? 

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**Study**

**Challenge**

What is a major?
1. Is it critical ___path___?
2. Is it a chronic ___problem___?
3. Is it close ___proximity___?

On the Minors— ___Acceptance___

In All Things— ___Love___
In small groups begin by telling about someone you love and why you love him or her. Then share situations from the past week when you’ve tried to implement agape you-before-me love.

Video

Discussion Questions
About Love

1. Where do we get the power to love people the way God wants us to love them?
2. Why is love considered to be “the greatest of these”?
3. In what ways is love most often self-centered?
4. What does agape love look like?
5. What do you do when an issue barges into your relationship?

Group Activity 7

Video

Back in the desert again, we are going to deal with a doubting attitude. Watch and listen for what the Scripture says and to learn whether you have a doubting attitude.

Video Notes

Doubt is the absence of faith.

Doubt is a lack of confidence or assurance that God will keep His promises.

God places regular tests of faith in front of His children.

Faith is not a part of the Christian life; it’s the whole thing.

The circumstances of life will shrink or stretch your faith.

Doubt sees the obstacles; faith sees the opportunities.
Obstacles to Faith
1. __Fear__
2. __Anger__
3. __Withdrawal__
4. __Bitterness__
5. __The Facts__

When surrounded by doubters, __doubting__ comes easily.

Doubt is __contagious__.

Doubt is __passive__.

Doubters are easier to find than __friends__ of faith.

It’s a short journey from doubt to __despair__.

1. Can faith and doubt coexist?
2. How do the obstacles to faith lead to doubt?
3. How does doubt affect your relationship with God?
4. How does doubt affect your Christian witness?
5. What verse of Scripture strengthens you when doubts arise?

Discussion Questions
About a Doubting Attitude

Study  Challenge

Do you have a doubting attitude? Take a close look this week to uncover your doubts. Let the Scriptures speak to you as you ask God to help you change your attitude.
In small groups have fun with name calling! Thomas the disciple will forever be known as Doubting Thomas. Aren’t you glad you’re not in the Bible and called by your weakest attribute like Angry Adam or Negative Nora? Based on your attitude, what would people nickname you? What nickname would you love to be called?

1. What’s the difference between doubt and disbelief?
2. Why were the Israelites frightened to enter the promised land?
3. Do people who have known the Lord a long time doubt?
4. What are the causes and consequences of doubt?
5. Where do you stand regarding doubt and faith?

Group Activity 8

Discussion Questions
About Doubt

Video

 Aren’t you glad to be leaving the wilderness of doubt and moving to the attitude of faith? Watch and listen for what the Bible says about living a life of faith.

Video Notes

Faith is not anti-intellectual.

Faith is active confidence in God.

Faith is not escapism.

Faith is not “mind science.”

Faith is active confidence in God’s Word.

Faith is believing the Word of God.
Faith is believing the Word of God and ___acting___ upon it.

Faith is believing the Word of God and acting upon it no matter how I ___feel___.

Faith is believing the Word of God and acting upon it no matter how I feel because God promises a good ___result___.

**Discussion Questions**

About an Attitude of Faith

1. Name a favorite biblical hero of faith.
2. What is faith?
3. What can you do to have more faith?
4. How important is community in developing your faith?
5. How much faith is enough?

**Study**

Is your faith weak or strong? Is it crowding out the doubt in your life?

**Challenge**

This week’s study will take a look at people of faith in the Bible and help you apply biblical truths to your life to help you strengthen your faith.
Video

We’re going back to the desert one last time with a rebellious attitude. This one is really serious. Watch and see if you are a rebel and how you can change from your rebellious ways. Listen for truths from God’s Word.

Video Notes

1. Rebellion is serious.

Those who choose murmuring as their lifestyle will spend their lifetime in the wilderness.

Rebellion exists in every human heart.

Rebellion is knowing but not doing what God wants you to do.

Rebellion has many sources.

Discussion Questions

About Faith

Discuss in small groups: Name some things in your everyday life that you depend on even though you can’t see them. How is faith like and different from these other daily invisibles?

1. How meaningful is this study to you? Are you changing?
2. How does Hebrews 11 illustrate faith using people from the Old Testament?
3. What barriers keep you from God?
4. In what should you have faith?
5. How can faith increase?
Six Sources of Rebellion
1. ___Jealousy___
2. Delusions
3. ___Ungratefulness___
4. Stubbornness
5. ___Disappointment___
6. Distrust

Rebellion has many ___consequences___.

Consequences of Rebellion
1. Leadership ___withdrawal___
2. ___Innocence___ defiled
3. ___Guilty___ condemned
4. ___Infection___ spreads

Rebellion is ultimately against ___God___.

1. What is rebellion?
2. How were the Hebrew people rebellious?
3. Which Scripture was most meaningful to you about a rebellious attitude?
4. Which source of rebellion do you see most often?
5. Which consequence of rebellion do you think poses the greatest threat?

Discussion Questions
About Rebellion

In this last trip to the wilderness, consider where rebellion will take you and what you’ll need to change to enjoy promised-land living.
Out of the desert at last, we’ve arrived at the attitude of submission. Watch, listen, and learn what the Bible says about submission and how you can have this attitude in your own life.

**Video Notes**

Submission is **duty** to God.

Submission—To operate within the established **authority**; to be under the chain of command that God has established.

Submission is **cooperation** with God.

Submission is **protection** by God.

Submission has **limits** under God.

Submission is **voluntary**, required by God but not to be demanded by others.

Discuss in small groups: When have you experienced grace in your life? In what ways have you known the provisions of God in this way?

1. When did the children of Israel go too far?
2. What are the consequences of rebellion?
3. What are the steps leading to a shipwrecked life?
4. How are you doing in the study?
5. Why should people feel an urgency about changing this attitude?
Submission is __favor__ from God.

Submission is __intimacy__ with God.

1. How does submission relate to the other desirable attitudes?
2. Who should be submissive to whom?
3. Who is responsible for ensuring that someone is submissive?
4. How are submitting to God and submitting to people related?
5. How does submission affect your relationship with God?

Discussion Questions
About Submission

Submission may seem like a less desirable attitude than attitudes like faith or love. Pay close attention as you study this week to see why God wants you to have this attitude just as much as any of the promised-land attitudes we’ve already studied.
Group Activity

In small groups, discuss: Which wilderness attitude has convicted you the most? Which promised-land attitude has encouraged you the most? What is your goal as a result of this study?

Discussion Questions About Submission

1. How does God-ordained authority protect those who put themselves under it?
2. Why is humility important when you submit?
3. What is pride’s role in relation to submission?
4. Who is an example in your life of humility and submission?
5. To whom are you willing to submit?

Video

We’ve reached the end of our study. Listen and see what healing words you hear from James MacDonald and from the Scriptures he uses in this, his final word to you in this study.

Video Notes

Attitudes are patterns of thinking formed over a long period of time.

The circumstances of life bring us continually to a fork in the road.

Murmuring is choosing the road that leads to the wilderness.

1. Attitude reveals the true person.
2. Attitude predicts the future.
3. Attitude is vertical.
Repentance from murmuring is access to God’s provision for \_victory\_.

God’s provision begins with people’s \_repentance\_.

God does not remove the \_serpents\_.

The people had to \_look\_.

1. How are your attitudes and your Christian life connected?
2. Who in the Bible, other than Jesus, is your greatest role model for promised-land living?
3. What do people have to do to improve their attitudes?
4. What often happens in difficult circumstances?
5. How can you have the victory in promised-land attitudes and living?

**Discussion Questions**

About “Lord, Heal Me”

Keep spending time in God’s Word so your attitudes will keep you out of the wilderness and in promised-land living!