

SHIFT

Week 1 - Attitudes

THE MAIN POINT

To help students understand they have a choice when it comes to their attitudes and to understand their attitudes determine the outcome of their lives. This includes an attitude of: complaining, being overly critical, coveting, fear, and rebellion.

MATERIALS NEEDED

- Snacks
- Bible
- Notecards (around 20)

GETTING STARTED

For many students, being in a small group isn't something they do regularly. It makes them feel uncomfortable they'll be asked questions that require vulnerability. Keep this in mind when starting your small group. Establishing a sense of familiarity and trust is key. When students feel safe, loved and accepted, they share. During these next 5 weeks, the students are going to learn and talk about 5 different components of bad attitudes and how to replace them with good ones. It's a fairly uncommon subject to talk about, especially with high school students, but it is essential because it steers the direction of their lives. How they choose to think affects how they choose to act, which in

turn, determines the outcome of their lives.

Start off simple by going around the room and introducing yourself and each other. Give them three questions to answer, for example: name, grade & favorite childhood cartoon.

After, lay the foundation for the discussion by announcing the small group rules each week. *Make them repeat it back to you each week. "this is a _____ (No judgment zone"*

RULES FOR SMALL GROUP:

Commitment - Commit to being at every group meeting (make it a priority!)

Confidentiality - What is shared here stays here.

Be honest or be silent - don't make up an answer just to have one. Sometimes the most honest answer is no answer, so if you need to, just say pass.

Respect - for one another, their thoughts/ideas/opinions (no put downs).

ACTIVITY

Charattitudes - Charades

Topic: Attitudes

Have one person come up at a time. Give him/her a flashcard with an attitude written on it (tell them NEVER to look at what is written on the card). On "Go!" the student will flip over the card by placing it on their forehead. The other students will then begin to ACT out (without saying a word) what is on the card. The object here is for the student with the flashcard to guess what is on it before the time runs out. Switch students each round.

Attitudes: Make sure to use the following: complaining, critical, fearful, content and rebellious.

Here is a list of other attitudes to choose from for the game: Love, fearful, thankful, trusting, doubtful, surrender, anger, determined, confident, judgmental, cheerful, serious, selfish, lazy, confident, mean, controlling, lack of self-confidence, rude.

UP CLOSE AND PERSONAL

This is a time where, as the leader, you get to share a part of your story. Be sure and share about how God has worked in your life. This is also a time for you to get vulnerable with the students.

Share a time when you first came to a small group (or similar setting) and how you had to be vulnerable. Tell them how that has helped your life in a positive way.

Then ask these questions:

- Have you ever been in a small group before? Be honest, are you looking forward to it, or does it make you a little bit nervous?
- What are your initial thoughts about sharing a part of your story?

GOING DEEPER

Let them know that over these next 6 weeks they will be looking at different scriptures in the Bible. Help them understand what the Bible is and what we are going to use it for: A collection of true events, wisdom, poetry, prophesy, and so much more that have the opportunity to impact us to live better lives. The Bible is God's Word and everything in it is trustworthy and true.

Read Romans 12:2

- What about this verse stands out to you?
- Why do you think it's bad to be conformed to (be guided by) this world?
- How do you think you need to start or could start to change the way you think? Where is the world influencing your thinking? Can you even tell?

Remember the game we did earlier? Some of those attitudes are topics we will be going over for the next five weeks.

Now you might be thinking "why in the heck did I listen to my friend? I should've never let him/her convince me to come. Who likes to sit in a group and talk about attitudes?" It might not be the most natural thing to do. In Campus Life we like to have a lot of fun, and in this group we will do just that! But we also like to get real with one another. I challenge you to be open to looking at these different aspects of character and attitude. Maybe you and I can grow to be better people together.

Our goal here is to help you start to think about the way you think...what changes need to be made?

Where can I grow?

- What do you think? Are there areas in your character and attitude that you think can be better? (Leader go first)

TAKE AWAY

Our attitudes are shaped by our thoughts, molded over a long period of time, moment by moment. The attitude that you have becomes the framework of your mind: the things you believe about yourself, others and society. Believe it or not, your attitude is largely up to you. The things that happen to you are not always your choice, but the way you respond to it (your attitude) is your choice. Over these next few weeks, we are going to look at different ways we can choose the right attitude.

Let this be a place where we can encourage one another to be a better version of ourselves.

Challenge them to make it a priority to come every week.