

## **Week Five – *Refocus Your Attitude***

### **Romans 12:9-21**

#### **Spend FIFTEEN - Day One**

1. If forced to choose, which do you think impacts your satisfaction in life more, external circumstances or internal attitude? Why?
2. Part of making a clean slate of your life starts with refocusing your attitude. Look at Romans 12:2. Which part of us does Paul suggest that we should transform?
3. This might seem easier said than done. Of what methods have you heard for refocusing your attitude?
4. Now look at Romans 12:9-21. What kinds of things does Paul tell us to do in order to change our attitudes?
5. Which of the actions on this list come easily to you? Why?
6. Which of the actions on this list are difficult for you? Why?
7. Even if we can't forcibly change the way we think, we can change what we *do*, and then let our habits transform our mind. This week, let's change what we read. We will focus each day on a proverb, and see what different actions it prescribes. Close in your FIFTEEN in prayer, asking God to help you see clearly the areas of attitude in which you should focus.

#### **Spend FIFTEEN - Day Two**

8. This week we're following a popular discipline of reading a daily proverb that matches the day's date. So today, start by reading Proverbs 31:1-9.
9. What should the goals of leaders be?
10. Look again at verses 8 and 9. What opportunities have you had to speak up for those who cannot speak for themselves or to defend the rights of the poor and needy?
11. Now read Proverbs 31:10-31. This passage describes a noble wife. Which of these traits are still relevant today? Which of these are maybe not as relevant?
12. How do these descriptions in this section compare to the description of a noble leader from verses 1-9?

13. What is one trait from this proverb that you could attempt to put into practice today?

14. Close your FIFTEEN in prayer. Ask God to give you the ability to put that trait in to practice.

### **Spend FIFTEEN - Day Three**

15. This week we're following a popular discipline of reading a daily proverb that matches the day's date. Today, start by reading Proverbs 1:1-7. What does the introduction say is the purpose for all these proverbs?

16. According to verse 7, from where does wisdom come?

17. Does having fear of the Lord sound like a good thing? Why do you think the Bible tells us to do something that sounds so negative?

18. What do you think it looks like to fear the Lord? In what ways do you show fear of the Lord in your own life?

19. Verse 7 gives us a hint of what fear of the Lord looks like. What three things does it say we should have in our lives?

20. Look at verses 32 and 33. What are the two possible outcomes for people at the end of their lives?

21. End your FIFTEEN by asking God to always guide you according to His wisdom and to lead you to His peace at the end of time.

### **Spend FIFTEEN - Day Four**

22. This week we're following a popular discipline of reading a daily proverb that matches the day's date. So today, start by reading Proverbs 2. What is the main theme of this proverb?

23. Look again at verses 1-5. What does the process of finding wisdom look like?

24. Skim through the proverb again and underline all the times it uses the word way or path. What do the different paths described look like?

25. What has made it hard in your own life to stay on God's path of wisdom?

26. Now read Acts 9:2. What were Christians called during the early days of the Church?
27. Who is the way to wisdom now? (See John 14:6 if you need help with this answer.)
28. As you conclude in prayer, pray for Christ Jesus to be your path and to lead you toward His wisdom all the days of your life.

**Spend FIFTEEN - Day Five**

29. This week we're following a popular discipline of reading a daily proverb that matches the day's date. So today, start by reading Proverb 3. What themes continue in this proverb?
30. Look at verses 5 and 6. How realistic is this advice? How easy is to avoid relying on your own understanding?
31. Look at verses 13-18. In these verses, Wisdom is personified, meaning "described like a person." Like what kind of person is Wisdom described?
32. In this section, Wisdom sounds a lot like the noble wife from Proverbs 31. How does this metaphor make you understand Wisdom differently?
33. This proverb describes Wisdom as someone with whom you would have a life-long relationship. What would it look like to have a relationship with Wisdom?
34. Read verses 27-32. How would a life-long relationship with Wisdom change the way you interact with people around you?
35. As you finish your FIFTEEN in prayer, ask for God to help you have a life marked by a life-long pursuit of His wisdom.