

# Girls Only

\*\*\*☆☆ Attitude

## Additional Project Ideas

**Do some research.** Have each girl choose a third-world country to research. Have the girls focus on standard of living, life expectancy, and average income. If possible, have the girls contact missionaries from that area. Have the girls come together and share their findings. Be prepared with similar statistics for the US and discuss the privileges we experience as Americans and how our attitude should reflect how we've been blessed.

**Read about it.** Have the girls read a book written by a person who has faced difficult circumstances in life. Some examples are *The Hiding Place* by Corrie Ten Boom about a woman who survived the Holocaust or Joni Erickson Tada's *Joni* about a woman who was paralyzed in a diving accident. Using the Bible verses and thoughts within the unit, write an essay on the circumstances this person faced, and their attitude in these circumstances. Site specific examples from the book.

**Keep a journal.** Have the girls keep an attitude journal. Have them journal about their different attitudes throughout the week and what triggered different attitudes. If they have a good attitude, what caused it? If they have a bad attitude, what caused it? How did they respond? What did they do to help themselves have a better attitude? At the end of the unit, have the girls look back and notice trends in the way their attitudes affect their actions and vice versa.

**Go on a mission.** Challenge the girls to go on an "attitude mission." Have them hunt for people who are having a bad day (friends, siblings, teachers, parents) and brighten their day. The twist in the mission is that the girls should try to do this without the other person knowing what they're doing. Brainstorm ways to spread joy to the people the girls encounter on a daily basis. Talk about how small things can make a big difference in others.

**Take note.** Have the girls keep a record of the attitudes they observe around them. If someone has a poor attitude, how do people react? If someone has a good attitude, how do people respond? From what they observe, how does a person's attitude affect how they're treated? (School is a great place for this kind of observation!)

**Let's hear about it.** Invite a guest speaker who has gone through difficult circumstances in her life. Have her share about the importance of having a good attitude through tough times and how damaging having a bad attitude can be. Allow plenty of time for the girls to ask questions.

**Hide it in your heart.** Challenge each girl to choose a few verses to memorize and think about every time they feel a negative attitude coming on. The girls can choose the verses on their own, or choose a few from the following list:

Galatians 5:22,23  
Ephesians 4:22-24  
Ephesians 5:1,2  
Philippians 2:5-11

Philippians 4:4-7  
Philippians 4:8  
1 Thessalonians 5:16-18  
James 3:17,18

## Resource Ideas

- *The Power of a Positive Teen* by Karol Ladd, Howard Books, 2005.
- *Being a Girl Who Loves: Learning to Love Like Jesus* by Shannon Kubiak Primicerio (available at [www.gospelpublishing.com](http://www.gospelpublishing.com)).
- *Completely Blessed* by Shannon Ethridge, Waterbrook Press, 2007.

## Additional Discussion Questions

### Discovery #1

- If you're doing the right things, why does it matter what your attitude is?
- Do you always have a good attitude? Do you notice triggers that prompt having a poor attitude?
- What are some things you could do or are doing to try to improve your attitude?

### Discovery #2

- What is your attitude toward God right now? What should your attitude be toward God? What can you do to change your attitude toward God?
- Can you really love someone if you don't trust them? Are trust and obedience related? How?
- What does it mean to humble yourself before God? Are you humbling yourself right now? Why is it so hard to be humble before God?

### Discovery #3

- What is your attitude toward others right now? What should your attitude be toward others? What can you do to improve your attitude toward others?
- When things go wrong, how should you respond? Why is it so difficult to respond positively when things go wrong? How can you help yourself respond better to bad situations?
- What is servanthood? What does servanthood look like in your life today? What are the results of being a servant?

### Discovery #4

- What is your attitude toward yourself? What should your attitude be toward yourself? What can you do to improve your attitude toward yourself?
- What does it mean to love yourself? What is the difference between being prideful and loving yourself?
- Read Psalm 139. Knowing what God thinks about you, how do you feel about yourself? Why is it important to know what God thinks about you?

### Discovery #5

- What are some practical ways that you can guard your attitude?
- If you're acting in a Christlike way, why does it matter that God sees your attitude?
- Think about your attitude throughout the day today. Was it always true? Noble? Right? Pure? Lovely? Admirable? Excellent? Praiseworthy? What could you have done to help improve your attitude?

### Discovery #6

- Can your attitude really change?
- How can God help you change your attitude?
- Why does your attitude matter more than your behavior?