

### Ice Breaker (in groups of 2 or 3 for larger groups)

Share about an accomplishment or achievement in your life that you are grateful about or proud of.

### Talk About it!

## Part 1

Read Joshua 14:6–9

### Discuss:

How did Caleb demonstrate an upbeat, optimistic life?

## Part 2

Read the following scriptures:

- 1 Corinthians 4:8-9
- Psalms 31:3, 118:24
- Proverbs 17:22

### Discuss:

- A. How does our attitude affect our lives?
- B. What steps can you take to lift your attitude even when you're in a rough spot?

## Part 3

Read Joshua 14:10-11

### Discuss:

- A. Share about a time when you or someone you know gave up on something too soon.
- B. What was the result?
- C. What could have it been?

## Part 4

Read Romans 8:28 & Philippians 1:6

### Discuss:

- A. How do you access your own supply of 'staying power' from God, even when you're facing a difficult season?

### Part 5

Read Joshua 14:12-15

**Discuss:**

Share about a time when persistence and perseverance paid off in your life.

### Part 6

**Discuss:**

What is the thing out in front of you about which you would say, 'give me this mountain!'?

### Part 7

Read Isaiah 40:31

**Discuss:**

- A. What helps you to continue to walk in faith?
- B. How do you refresh your faith?