



CHASING

Happy

WEEK 1

DISCUSSION GUIDE

Introduction:

Everyone wants to be happy. We all in one way or another are chasing things that we think will make us happy physically, financially, socially, etc. Typically when we catch what we are initially chasing, we realize that it doesn't make us happy and so we find something else to chase. Reality is, it is not about what we have, it's about who we are becoming in Jesus that will ultimately make us happy.

Scripture:

Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"

John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."

Discussion Questions:

1. Complete this sentence and explain why you chose this answer: If I only had _____ I would be happy.
2. What is the difference between "Happiness" and "Joy"?
3. What does "Rejoice" mean? What does it mean to "Rejoice in the Lord always"?
4. What is Jesus saying in John 15:11 when he states "so that my joy may be in you and that your joy may be complete"?
5. What challenging circumstance are you going through that requires an attitude change so that you can find the Joy that Jesus provides, and what do you need to do to change your attitude?

Take the Next Step:

If the chief purpose of humanity is to worship God and enjoy God, what step can you take to do so today?