



CHASING

Happy

## WEEK 2

### DISCUSSION GUIDE

#### Introduction:

Everyone wants to be happy. We all, in one way or another, chase opportunities that we think will lead us to physical, financial, or social happiness. Often, even if we successfully catch what we are chasing after, once we experience it, we come to realize that it doesn't make us as happy as we expected; and so off we go, to find something else to chase. The truth is that only when we chase after Jesus and the life he calls us to will we be truly happy.

#### Scripture:

Philippians 2:14-15 - "Do everything without grumbling or arguing, so that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky..."

Lamentations 2:19 - "Rise during the night and cry out. Pour out your hearts like water to the Lord."

*For More, Read & Discuss Philippians 2:1-18*

#### Discussion Questions:

1. What simple experience can you always count on to make you happy?
2. We all chase happiness, and sometimes all that chasing causes us to lose track of our attitude.
  - When you get a little off-track, what do you find yourself complaining about?
  - Why do you grumble or complain?
3. Although groaning & grumbling can both look like complaining, they are vastly different: groaning we do to God's face, grumbling we do behind God's back.
  - When do you find yourself groaning or "crying out" to God?
4. Experts say that 40% of our joy is in our control, with so much on the line how do you think your grumbling and groaning habits should change?

#### Take the Next Step:

What can you give up grumbling about? What cause or concern should you be groaning for?