

WHAT MAKES YOU HAPPY

NO THING – WEEK 1

Small Group Time:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with key questions, add any optional Scriptures and questions if needed, and then wrap up by deciding on your next steps.

Main Idea:

What makes you happy? Something came to mind, right? Something comes to mind for all of us. We all daydream about a trouble-free life made possible by something: a job, house, car, spouse, child, family, or pile of money. But what if what makes you happy isn't a what at all. What if it's a who?

Key Questions:

1. What is the first thing that comes to mind when you think about what makes you happy? Why do you think that comes to mind?
2. How would you define the word happiness? How do you think your definition has influenced the ways you've chosen to pursue happiness?
3. Read **Matthew 22:35–40**. Respond to Jesus' statement. Does it sound too easy? Why or why not?
4. During the message, Ben said that sin separates us from ourselves, others, and God by enticing us to substitute things for relationships. In what ways does that definition challenge your assumptions about sin?
5. Are you at peace with yourself, others, and God? If not, what's getting in the way of your peace in those relationships?
6. In what are you currently seeking happiness? What is one thing you can do to turn your attention to Jesus as your source of happiness? What can this group do to support you?
7. Read **James 1:15**. Are there some "baby sins" that you've let hang around in your life that will grow & eventually kill?

Next Steps:

- What's one thing you will do this week as a result of something you learned from this message?