

**Week 9 Discussion Guide – Finding Happiness**

*Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. – Psalm 1:1-3*

**Intro Questions:**

* What are some of the destructive choices people tend to make in pursuit of their own happiness?
* Prior to reading the essay, what did you think about God’s interest in your happiness? Has your perception changed at all based on the week’s reading?

**Key Passages:**

* Psalm 1:1-3 (Core Passage)
* Job 1-2

What can we learn from happiness from the story of Job?

* Psalm 37:4, Philippians 3:1, 1 Thessalonians 5:16, John 13:14-17

What came to mind as you meditated on these verses this week?

Did God challenge you through anything in these verses?

**Group Discussion:**

* What do people think will make them happy? What are some dangerous ways people pursue happiness and what can be the impact?
* Read Matthew 6:33. If God created us to be happy, does that mean we should always be seeking to be happy?
* Is it God’s desire for us to always be happy?
* What is the relationship between happiness and holiness?
* Are we any less spiritual when we are not happy?
* What do you expect to feel when you read scripture? When you do devotions? When you worship?
* How can these God-given chemical (serotonin, dopamine, oxytocin) be used to reinforce our spiritual growth?
* In John 13:14-17, Jesus highlights the difference between receiving, knowing and serving. How do these concepts relate to the pursuit of true happiness? Can we find fulfillment in serving others, even when it requires humility and sacrifice? How might this shift our understanding of happiness in a world that often emphasizes personal achievement and status?
* Are the above-mentioned hormones released based on what we do or what others do to us?
* What choice could you make in the next three days that would honor God and increase your happiness?

**Action Steps / Application**

* On page 65, you were challenged to plan five minutes to deliberately practice one simple action listed in Psalm 1 to release a shot of happiness. Did you do this? What did you do?
* What habit (or habits) do you intend to implement to increase your overall happiness?
* Spend some time this week meditating on these verses: James 1:5, Proverbs 1:7, 1 Corinthians 1:25, James 3:17, Colossians 2:2-3.
* Seek out a way to help boost the happiness of a friend, family member, or co-worker this week.