

## **Bible Summary**

### Happiness

Is the pursuit of happiness a biblical idea? Many believers have been convinced that we should not be concerned with being happy. It is a secondary issue to preaching gospel and being holy. The Bible teaches a different focus. It agrees with our souls that happiness matters and God cares deeply that we live happy lives.

Scriptures – Matthew 5:1-9; Isaiah 65:18-19, 51:11, 52:7; Psalm 45:7, 32:11, 144:15; Revelation 1:3; Joel 2:22-23

## **Bible Questions & Application**

(These are meant to aid in facilitating conversation.

There is no obligation to run through **every** listed question.)

1. Share the happiest event you've ever experienced.
2. Why aren't Christians associated with happiness in today's society?
  - a. How can we change this perception?
3. How do we deal with different theologies that we might not agree with and maintain happy cohesiveness?
4. Did it surprise you that God wants us to be happy? Why or why not?
  - a. What do you think contributed to the mistaken notion that happiness is not holy?
5. In what ways is happiness a way to bear the image of God?
6. We are the richest people in the world and yet we have more depression, more suicide, more drug addiction, more divorces and more wars worldwide. How on earth can we not be more happy?
7. After listening to Sunday's message, did Matt convince you that God wants us to be happy? Why or why not?
  - a. What hang-ups do you have (if any) to this message?
8. The term happiness is used in the context of mental or emotional states, including positive or pleasant emotions ranging from contentment to intense joy. It is also used in the context of life satisfaction, subjective, well-being, flourishing and well-being. What do you think about this definition from Wikipedia?
9. The Happiness Advantage is both a book and a Ted Talk by Shawn Achor. Pastor Dick recommends watching it. :-)

## **"Getting to know you" Questions**

1. Since we last met, what are a couple things you're particularly thankful for? (Philippians 4:8)
2. Have you seen any victories?

3. What is a challenge you are facing right now?
4. What is one thing you are looking forward to?