

Bible Summary Happiness Pitfalls

If God desires our happiness, what is the problem? We live in a broken world where there are pitfalls and ruts we get into that rob us of the joyful lives we could be living. These pitfalls are: goldilocks, missing tile syndrome, having a cow (ruminating), being inflexible, and comparing.

Scriptures – Genesis 1-2; Ecclesiastes 2:1-20; Philippians 1:12-13, 15-18, 3:12-14, 1:6; Jeremiah 15:19; Romans 14:3, 1 Corinthians 4:2

Bible Questions & Application

(These are meant to aid in facilitating conversation.
There is no obligation to run through **every** listed question.)

1. Review the five pitfalls that keep us from happiness as mentioned in Sunday's message.
2. What patterns of thinking make it hard for *you* to be happy?
3. How does the Gospel work to transform these negative ways of thinking?
4. Share an example of someone who seems to be happy. What do you think is the key to their happiness and what can we learn from them?
5. Why do we long for things to be "just right?"
 - a. How can you find contentment and happiness in a world where nothing is "just right?"
6. If exercise improves the flexibility of our body, what can we do to improve the flexibility of our mind?
7. "Grace cannot prevail until our lifelong certainty that someone's keeping score has run out of steam and collapsed." (Robert Farrar Capon) What do you think this means?
8. Do you make others happy? Think of one way you can bring happiness to someone else this week.

"Getting to Know You" Questions

1. Since we last met, what are a couple things you're particularly thankful for? (Philippians 4:8)
2. What is a challenge you are facing right now?
3. What is one thing you are looking forward to?
4. How can we pray for you this week?