

## **Bible Summary**

Happiness  
Mind Part One

People struggle with happiness. Science has found that a person's happiness is about 50% genetic and 50% under their control. It is the controllable part that everyone needs to learn to monitor and move in a biblical direction. We find in Scripture a pattern of fact-checking our brains according to the truth of who we are in Christ. It is this ability we have as Sons and Daughters of the King that can lead to a flourishing life.

Scriptures – 1 Corinthians 2:9-16; 1 Kings 19:5-18; Psalm 42:1-5; Romans 7:14-8:2; 2 Corinthians 10:5; Romans 12:1-2

## **Bible Questions & Application**

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

1. FOLLOW-UP: Share about something you did this past week to bring happiness to others.
2. What determines your happiness? Is your brain always right?
3. Did it surprise you that you can control your own happiness to some extent? Why or why not?
4. Matt mentioned the following as “divine care for depression.” How are you doing in these disciplines?
  - a. Rest
  - b. Nutrition
  - c. Exercise
  - d. Fact-check your brain
  - e. Change your surrounding
  - f. Purpose
  - g. Community
5. We can learn a lot from the way God ministered to Elijah in his time of depression and despair.
  - a. What does it look like to walk with somebody who is struggling with depression?
  - b. In what way did God “fact-check” Elijah? (1 Kings 19:15-18)
6. The Bible is a source that “fact-checks” us (1 Cor. 2:9, 14, 16; Romans 12:1-2). Share about a time your thoughts were fact-checked by God's Word.
7. As believers, we have been equipped by the Spirit of God, not the spirit of the world (1 Cor. 2:12).
  - a. How is our happiness related to the work of the Gospel?
  - b. Spend this next week choosing to renew your mind in the Spirit, and note any differences you might see.

**“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?