

Bible Summary
Happiness: STEPS

Science has caught up with the Bible's wisdom on how to live a happy life. In the conclusion to the happiness series, we look through some Scriptures and the life of Jesus to demonstrate practical steps anyone can take to increase their happiness.

Scriptures – Matthew 20:28; John 13:17; 1 Thessalonians 5:18; Genesis 2:18, 3:17; 1 Kings 19:6-8; 1 Corinthians 9:24-27; Genesis 50:20; Romans 8:28

Bible Questions & Application

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

1. In what way has this series on happiness shaped your perspective or sparked practical changes in your life?
2. “**STEPS**” stands for **S**erving, **T**hanksgiving, **E**xercise, **P**rocessing, and **S**ocial. Of these, which area is the most challenging for you, and what steps can you take to improve?
3. On a given day, which do you do more of: complaining or giving thanks?
4. What has serving others produced in your life?
5. “Pain’s not a glitch in the system; it’s a gift from God.” Have you ever considered pain to be a gift? Share about a time God used pain toward good in your life.
6. The Psalms show us how to process emotions by being honest about our feelings and fact-checking them against God’s Truth.
 - a. When it comes to emotions, are you more of a “stuffer” or a “processor”?
 - b. Not processing feelings like grief, shock, or anxiety can lead to long-term health consequences. Are there issues you’ve stuffed away that need to be processed?
7. Do you feel connected to the others in this group? How can we foster deeper connections with each other?
8. Challenges for this week:
 - a. Make a list of things you are thankful for.
 - b. Consider fasting from electronics, social media, and/or the internet for a day.

“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?