

## LIFE GROUP NOTES:

### SERIES: The Pursuit of Happiness

#### PART ONE: What Makes You Happy

Jesus replied, “you must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the First and greatest commandment. A second is equally important: ‘Love your neighbour as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” **Matthew 22:37–40**



## INTRODUCTION

What makes you happy? Something came to mind, right? Something comes to mind for all of us. We all daydream about a trouble-free life made possible by *something*: a job, house, car, spouse, child, family, or pile of money. But what if what makes you happy isn't a **WHAT** at all. What if it's a **WHO**?

## DISCUSSION QUESTIONS

1. What is the first thing that comes to mind when you think about what makes you happy? Why do you think that comes to mind?
2. How would you define the word *happiness*? How do you think your definition has influenced the ways you've chosen to pursue happiness?
3. Read Matthew 22:35–40. Respond to Jesus' statement. Does it sound too easy? Why or why not?
4. During the message, Phil said that **SIN SEPARATES** us from ourselves, others, and God. Sin also entices us to substitute things for relationships. In what ways does that definition challenge your assumptions about sin?
5. Are you at peace with yourself, others, and God? If not, what's getting in the way of your peace in those relationships?
6. In *what* are you currently seeking happiness? What is one thing you can do this week to turn your attention to Jesus as your source of happiness? What can this group do to support you?

## MESSAGE SUMMARY

Happiness is about **WHO**, not **WHAT**. Happy people are at **PEACE** with God, others, and themselves. **SIN** undermines peace because it **SEPARATES** you from God, others, and yourself by substituting pleasure for fulfilment, things for people, images for intimacy, and self-expression for self-control. Jesus valued and **PRIORITIZED** peace with God, others, and ourselves. This implies Jesus wants us to be happy.

## CHANGING YOUR MIND

Jesus said, “The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.” [NLT] ....life, and have it to the full [NIV])..... real and eternal life, more and better life than they ever dreamed of [Message]. John 10:10

There is an assumption that God 'gets in the way' of enjoying life. It's an unconscious thought that stops us being fully devoted to him.

- Q:** Is that true for you? Do you really trust that what Jesus is saying is true?
- Q:** Since you want to be happy, would you now consider becoming a follower of Jesus or following Jesus more seriously?