

HOW TO BE
HAPPY!
FOR REAL

August 29, 2021: Growing Healthy, Happy Relationships

BIG IDEA: My approach to relationships is key to happiness.

ICEBREAKER

Think about a time you or someone you know chose to be happy, even in a bad moment. What did you learn?

KEY SCRIPTURE

Philippians 1:3-7

DISCUSSION QUESTIONS

“Every time I think of you, I give thanks to my God.” Philippians 1:3 (NLT)

1. Paul reveals one of his personal habits for developing healthy relationships. What can we glean from Paul's model in building happy and enduring relationships? Discuss the challenge and choice to be thankful “every time” for the people in our lives. What strategies would help you develop this habit?

“I thank God for the help you gave me.” Philippians 1:5 (NCV)

2. In spite of having gone through many hardships and trials during Paul's visit to Philippi, why does he choose to write about his gratitude for the Philippians and not dwell on painful memories? Is there someone in your life you need to “remember the best and forget the rest?” Share a time you were able to do this successfully. How did it go?

“I am confident of this, that God who began a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6

3. Research confirms the influence of others' expectations upon us. Keep the above scripture in mind and answer the following: how do you feel when someone (1) tells you they believe in you; (2) provides a positive vision of how they see you; and (3) is patient allowing you time to mature?
4. Which of these habits do you need/want to work on? (1) Who do you need to be more grateful for? (2) Are you praying with joy for those in your life? (3) Are you patient with the progress of those? (4) Who do you need to start loving from the heart rather than the head?

MOVING FORWARD

In order to grow healthy relationships, we must be grateful for the people in our lives, pray joyfully for the people in our lives, expect the best from the people in our lives, and love the people in our lives like Jesus does.

Action Steps:

-How can this group pray and support you this week?