

# September 5, 2021: How to be Happy No Matter What

**BIG IDEA:** With Jesus and the right focus, I can experience daily happiness.

**ICEBREAKER**

As a child, what scared you so much that you had to sleep with the lights on?

# INTRODUCTION

As we go through life we can either focus on our problems or we can look at them in a way that brings happiness into our lives. Remember, happiness is a choice. When I face problems and turn them over to God, looking at them from his perspective, he allows me to be an encouragement to other believers and a witness to unbelievers. With God’s help we can turn our problems into purpose. Begin by reading Philippians 1:12-30 together.

# KEY SCRIPTURE

***Philippians 1:12-30***

**DISCUSSION QUESTIONS**

*“I want you to know, dear brothers and sisters, that everything that has happened to me has helped to spread the Good News.”* Philippians 1:12 (NLT)

1. When we take on God’s perspective in the midst of a problem, we are exercising faith that he has a bigger picture than we are seeing in the moment. People are watching, so how we choose to face the challenges in our lives can have a profound witness to unbelievers. Discuss ways others might be impacted by watching your faith in difficult times. Why is what they see important?
2. Can you think of an occasion when you were encouraged by watching the faith of another person in action as they trusted the outcome of their current circumstances to God? Talk about what you learned as you watched.

*“I am sure of this, so I know that I will stay on with you all, so I can add to your progress and joy in the faith.”* Philippians 1:25 (TEV)

1. Even though he was living in miserable conditions, Paul knew his purpose was to build others up in faith. Knowing the key to happiness lies in self-sacrifice rather than self-gratification. Please share how you find happiness in your purpose. How does living your purpose add to the progress and joy of others?

*“For me to live is Christ and to die is gain.”* Philippians 1:21 (NIV)

1. How do you fill in the blank: For me to live is: \_\_\_\_\_\_\_\_\_\_\_. In other words, what sometimes replaces God for the #1 place in your life? As a group, list some practical steps for keeping God first.

# MOVING FORWARD

I can choose to worry and panic or I can choose to pray and worship God in faith. What is going on in your life right now that you need to see from God’s perspective and then live by faith?

*Action Steps: -How can this group pray and support you this week?*



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