

# September 12, 2021: The Humble Path to Happiness

**BIG IDEA:** Humility and Love are the Foundation to Happiness.

**ICEBREAKER**

Describe an activity that you thought would be a lot of fun (like a vacation or a night out) and you planned in great detail, but everything that could go wrong did.

# KEY SCRIPTURE

***Philippians 2:1-11***

**DISCUSSION QUESTIONS**

1. Read Philippians 2:1-11. What two essential behaviors are discussed in these verses that are at the root of happiness? What specifically did Jesus do that exemplified these behaviors?

*“You will make my joy complete by having the same mind, by sharing the same love,*

*by being united in spirit, and intent on one purpose.”* Philippians 2:2 (NAS)

1. What are the four different kinds of harmony identified in Philippians 2:2 above? Discuss which of these you find easy to embrace in your relationships and how you feel about them. Which ones do you have a more difficult time with?

*“Our self-indulgent nature shows itself… in conflict, quarreling, jealousy, outbursts of anger, selfish ambition, causing divisions among people and the feeling that everyone is wrong except those in your own little group.”* Galatians 5:19-21

1. Refer to the verse above and consider your own life and relationships and any recent conflicts. How did your own self-indulgent nature become a contributing factor to the conflict? Talk about how this impacts your happiness and the happiness of others.
2. Of the 4 keys to reduce conflict with others, which one do you need to work on? (1) Never let my pride be my guide. (2) Be humble or I’ll stumble. (3) Learn the lost art of paying attention. (4) Ask what would Jesus do?

# MOVING FORWARD

Jesus modeled harmony and humility. Describe how you will model these in your life this week.

*Action Steps:*

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



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