

# September 26, 2021: Happiness Can Be Learned

**BIG IDEA:** Happiness still takes hard work.

**ICEBREAKER**

What is one thing you’ve secretly wished all your life you could do? What’s keeping you from doing it?

# KEY SCRIPTURE

***Philippians 2:19-30***

**DISCUSSION QUESTIONS**

*“I have no one else like Timothy, who genuinely cares about your welfare. All the others care only for themselves and not for what matters to Jesus Christ.”* Philippians 2:20-21 (NLT)

1. In order to be happier, we must learn to shift our focus outward. How would your perspective change if you asked yourself, “Who here needs my help?” every time you walked into a room?

*“Only those who give away their lives for my sake and for the sake of Good News will ever know what it means to really live.”* Mark 8:35 LB

1. To be happy, we need to live for something worth dying for. According to Mark 8:35, what does it mean to “give away” your life? Give some examples of people you know who have put service (to God or to others) before their own security—a friend, a mentor, a family member, a pastor. How did their life impact you?
2. Of the 4 key happiness skills to be learned, which one do you want/need to focus on? (1) Shift the focus away from myself. (2) Become someone that people trust. (3) Learn how to work well with others. (4) Live for something worth dying for.

# MOVING FORWARD

*You must get along with each other. You must learn to be considerate of one another, cultivating a life in common.* 1 Corinthians 1:10 (Mes)

-Learning to work well with others is critical to becoming happy. Based on 1 Corinthians 1:10, what does Paul say is essential for being a team player? Discuss ways to build these characteristics into your group.

*Action Steps:*

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



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