

WHAT MAKES YOU HAPPY

PART 1: NOTHING

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 some **thing**: 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, we discovered that sin separates us from ourselves, others, and God by enticing 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?

MOVING FORWARD

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 fulfillment, things for people, images for intimacy, and self-expression for self-control. Since Jesus valued and prioritized peace with God, ourselves, and others, and since you want to be happy, you should consider becoming a follower of Jesus.

CHANGING YOUR MIND

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 neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments."

Matthew 22:37–40