

WHAT MAKES YOU HAPPY

PART 6: NOT YOU

INTRODUCTION

We're tempted to believe that happiness comes from acquiring things. But happiness is an outcome of what we sow in our lives. Knowing that truth is like paint in a can: it makes no difference until you apply it. *Doing* makes the difference—especially doing for others. You won't be happy as long as you are all about you.

DISCUSSION QUESTIONS

1. Talk about a time when acting selflessly made you happier. Why do you think you felt happy?
2. It's easy for us to agree that we can't find happiness through money, possessions, and status. Why is it so difficult for us to live as though that is true?
3. *"You were designed to live with open hands. Selfishness is the result of brokenness."* Is this difficult for you to believe? Why or why not?
4. Read Galatians 5:19–21. In what ways are you tempted to find happiness at the expense of others? How do you avoid acting on those temptations?
5. Read Galatians 5:22–23. As you look at that list of behaviors, is it difficult for you to believe they lead to happiness? Why or why not?
6. Is there a way you need to serve others or a place you need to volunteer? If so, what is one step you can take this week toward serving or volunteering? How can this group support you?

MOVING FORWARD

You were made for more than you. It's not intuitive, but it's true. You can't acquire, consume, or exercise your way to happiness. But you may be able to serve and volunteer your way there. If you live as if it's all about you, you will never be happy.

CHANGING YOUR MIND

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22–23