



WEEK 9: HAPPINESS DISCUSSION GUIDE

1. What do people think will make them happy? What are some dangerous ways people pursue happiness and what can be the impact?
2. Read Matthew 6:33. If God created us to be happy, does that mean we should always be seeking to be happy?
3. Is it God's desire for us to always be happy?
4. What is the relationship between happiness and holiness?
5. Are we any less spiritual when we are not happy?
6. What do you expect to feel when you read scripture? When you do devotions? When you worship?
7. How can these God-given chemical (serotonin, dopamine, oxytocin) be used to reinforce our spiritual growth?
8. Are these hormones released based on what we do or what others do to us?
9. What choice could you make in the next three days that would honor God and increase your happiness?

ACTION STEPS

1. Spend some time this week meditating on these verses: James 1:5, Proverbs 1:7, 1 Corinthians 1:25, James 3:17, Colossians 2:2-3.
2. Seek out a way to help boost the happiness of a friend, family member, or co-worker this week.