

Happiness must be pursued

Philippians 4:10-14/1Pet 3:10 –11

How Happiness Outruns Us

The myth of greener grass.

Ecclesiastes 1:1-18–2:1-11

Comparison & greed.

1 Thessalonians 5:18 & John 21:18-22, Ecclesiastes 5:10 & Proverbs 23:4-5

Unrealistic goals & dreams.

Proverbs 13:12

Poison people & things.

Proverbs 14:30, Matthew 18:8-9

Lasting Happiness (Putting a smile on God's face)

Love God Supremely

Trust him

Follow God 's Lead

Be Thankful

Use your Abilities

NEXT STEPS

Use these study questions to turn a message into a conversation.

My Story

1. The Apostle Paul emphasized in Philippians 4 that Happiness/contentment is learned, not acquired with success or possessions. How was your definition of happiness confirmed, challenged or changed by this week's teaching?

2. There are many areas where unhappiness can show up (i.e. job success, housing, self-image, education, relationships, clothing, health, money, possessions, and much more). Which area, if any, do you tend to struggle with the most when it comes to becoming or remaining happy/content?

Can you think of any healthy and/or unhealthy ways you've personally dealt with unhappiness?

DIGGING DEEPER

1. The book of Ecclesiastes records King Solomon's search for Happiness/contentment in a world where he had everything at his fingertips. Take a look at what he learned by reading the following passages and then jotting down his insights about the pursuit of Happiness/contentment.

Ecclesiastes 2:1-11

Ecclesiastes 4:4-8

Ecclesiastes 5:10-16

Which of the verses is most important for you to remember regarding Happiness/contentment and why?

REAL LIFE. REAL GOD. REAL STORIES.

"My faith grows when I give voice to what God has already done so I can ask Him with outrageous faith to do the next big thing in my life."

Share briefly your story of what God has done.

A Guide to help you share:

- What was your need you brought to God. (The need for love, acceptance, fear, anger, bitterness, financial, relationship, health)
- What great dream or desire did you bring to God?
- What was your attitude toward God when you asked.
- How specifically did God meet your need?
- How has this grown your faith?

We will be recording these stories regularly over the coming weeks. Consider sharing your God story to inspire the faith of everyone.