



The Big Questions Club – Week 1 | Theme: What Makes You Happy?

Philosopher of the Week: Aristotle

This Week's Philosopher: Aristotle

Aristotle lived over 2,000 years ago in ancient Greece, and he was really interested in what makes a good life. He didn't think happiness was just about having fun or feeling good. For him, real happiness came from living with purpose and becoming the kind of person you were meant to be.

Aristotle once said:

"Happiness, then, is something final and self-sufficient, and is the end of action."
- *Nicomachean Ethics*, Book I, Chapter 7

In other words:

Happiness isn't just a moment of pleasure. It's the goal of life, something we grow into by living wisely, making good choices, and becoming our best selves.

Something to think about:

Do you think happiness is more about feeling good now, or about becoming the person you want to be over time? Why?

Heard in Today's Video

Curious what Jesus said about happiness and fullness of life? Here are a few verses from the Bible we heard in today's video:

"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

- John 6:35

"I have come that they may have life, and have it to the full."

- John 10:10

"I am the way and the truth and the life. No one comes to the Father except through me."

- John 14:6

Feel free to think about them or ask questions if you're curious.

A Final Word

Happiness is more than just having fun or feeling good in the moment. It has something to do with who we are becoming, how we live, and what we care about most.

So keep wondering. Keep asking. These are the kinds of questions that help us grow.

Watch It Again

If you want to rewatch this week's video or think more about the big questions we talked about, scan the QR code below. You can revisit the video anytime this week and see if you notice anything new.

