

Chasing HAPPY

GOD IS MY JOY AND MY DELIGHT

FOOD FOR THOUGHT FROM THIS CURRENT SERIES:

WEEK 1: NO-THING MAKES US HAPPY

What *makes* you happy? Something came to mind, right? Something comes to mind for all of us. We all daydream about a happy life made possible by something: a job, house, car, spouse, child, family, or financial freedom. But what if *what* makes us happy isn't a *what* at all. What if it's a *who*?

THINK ABOUT THESE ...

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 verses 35–40.**
Respond to Jesus' statement about the greatest commandment. Does it sound too simple or easy? Why or why not?
4. On Sunday we said - sin separates us from ourselves, others, and God by enticing us to substitute things for relationships. How does that definition challenge your assumptions about sin?
5. Are you at peace with yourself, others, and God? Is there anything 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? How can Nashville Road Community Church support you?

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FOOD FOR THOUGHT FROM THIS CURRENT SERIES: THINKING REVOLUTIONARY ...

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.

Jesus valued, prioritized and paid for you to have peace with God, ourselves, and others.

READ AND THINK ABOUT THESE WORDS (MEMORIZE THEM IF YOU CAN!):

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 others as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.”

Matthew 22 verses 37-40