

Chasing HAPPY



GOD IS MY JOY AND MY DELIGHT

FOOD FOR THOUGHT FROM THIS CURRENT SERIES:

WEEK 5: GIVE YOURSELF A-WAY

We're tempted to believe that happiness comes from acquiring or consuming, so we mentally create a composite person from the lives or Instagram Reels of others - thinking if we can just get those things - we'll be happy.

We can't acquire or consume our way to happiness - but we can give ourselves *a-way*, we can serve our way to happiness.

THINK ABOUT THESE ...

1. Can you remember a time when acting selflessly made you happier. Why do you think that was the result?
2. It's easy for us to agree that we can't find happiness through money, possessions, or status but 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 a response to fear."* Is this difficult for you to believe? Why or why not?
4. **Read Galatians 5 verses 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 verses 22-23.** As you look at that list of behaviours, is it difficult for you to believe they lead to happiness? Why or why not?
6. What are avenues you are aware of where you serve others? What are some spontaneous ways you can "give yourself away" using your TIME to those around you this week?
7. What are some planned ways you can use your TALENT to "give yourself away" in your neighbourhood, school or work?

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THINKING REVOLUTIONARY ...

You were made for more than you. It's not intuitive, but it's true. God designed you to walk with Him. To trust Him and not fear.

Happiness is an outcome of what we sow in our lives and it's counter intuitive but when we empty ourselves for the benefit of others - that's heroic and living according to God's design for us brings fulfillment and happiness.

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

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Against such things there is no law.

Galatians 5:22-23