



Icebreaker:

Share your favorite joke with the group (the cheesier the better). If you can't recall one, tell about something funny that happened to you this week.

(Watch Session 1 of What Makes You Happy)

1. Of all of the observations Jesus made in the following passage, which surprises you the most? Why?

Matthew 5: True Happiness

3 "Happy are those who know they are spiritually poor; the Kingdom of heaven belongs to them! 4 "Happy are those who mourn; God will comfort them! 5 "Happy are those who are humble; they will receive what God has promised! 6 "Happy are those whose greatest desire is to do what God requires; God will satisfy them fully! 7 "Happy are those who are merciful to others; God will be merciful to them! 8 "Happy are the pure in heart; they will see God! 9 "Happy are those who work for peace; God will call them his children! 10 "Happy are those who are persecuted because they do what God requires; the Kingdom of heaven belongs to them!

2. Which part of Dawn's story in the video resonated with you the most?

3. If you are completely honest with yourself, what would you say you look to as your source of happiness? Here are some examples: career, spouse, kids, entertainment, money, food, success, faith...

4. How would you rate your happiness on a scale from 1 to 10, 1 being completely miserable, 10 being inexpressible joy? Why did you choose that rating?

5. What factors in your life tend to affect your happiness, in either a negative or positive way?

6. Describe a choice that you made in the past that has resulted in unhappiness for you today. Describe a different choice you made in the past that has brought you happiness in your current situation.

7. Put a check by the statement about each beatitude that best describes you.

“Happy are those who know they are spiritually poor; the Kingdom of heaven belongs to them!”

If I were wealthier, I would be a happier person.

I can be happy with a lot or a little because I’ve learned to depend on God for every thing.

“Happy are those who mourn; God will comfort them!”

I tend to run or hide from pain and sorrow because I want to be happy.

I am able to face grief and loss head on and experience healing because I know that death is not the end.

“Happy are those who are humble; they will receive what God has promised!”

I see humility as weakness. If I want to be happy, I have to make my own happiness a priority.

I embrace my weakness because it allows me to be a part of God’s greater plan in this world.

“Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!”

I’ve allowed my conscience to become calloused because the guilt and regret of my choices would take away my happiness.

I live a life free of guilt and regret because I try to do the right thing even when it’s difficult and make amends for my past mistakes.

“Happy are those who are merciful to others; God will be merciful to them!”

I don’t think I will truly be happy until the person who has hurt me gets what they deserve.

I have found happiness by forgiving those who have wronged me.

“Happy are the pure in heart; they will see God!”

___ Following Jesus would mean giving up fun things that make me happy. I don't want to miss out.

___ Choosing to do things God's way has brought me more happiness than temporary pleasures that have left me empty in the long run.

“Happy are those who work for peace; God will call them his children!”

___ If I'm not happy, I don't want anyone else to be either.

___ When conflict arises between myself and someone else, I do whatever I can to make peace. This has brought happiness in my relationships.

“Happy are those who are persecuted because they do what God requires; the Kingdom of heaven belongs to them!”

___ My past and present choices continue to bring unhappiness into my life.

___ I have suffered and been ridiculed for doing the right thing. Despite that, I am happy because my conscience is clear.

8. Choose one of the beatitudes above that you would like to focus on. Write it below.

9. What is one step that you could take this week to better live out that beatitude? If you are comfortable, share this with the group and ask them to hold you accountable to it next week.

Closing Prayer:

“Thank you God for what you have taught us in group today. Help us to follow your prescription for happiness so that we can be more at peace with you, others, and ourselves. Teach us to find our source of happiness in you. Amen.”

** Download The Jar Community Church App and select the “What Makes You Happy Resources” button to access the What Makes You Happy Daily Devotional as well as other resources. This week’s devotionals are Days 1-5.*