



(Note to leaders/hosts: You may find it beneficial to split into groups of men and women for the discussion questions during this session.)

Icebreaker:

What dessert or snack do you find impossible to resist?

(Watch Session 4 of What Makes You Happy)

1. What part of Chuck's story stood out to you the most?
2. How can we tell the difference between us choosing a pleasure and a pleasure choosing us?
3. Do you think that earthly pleasures are always sinful? If not, how can you discern when a pleasure becomes a sin?

John 10:10-11 says, *10 The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. 11 "I am the good shepherd. The good shepherd sacrifices his life for the sheep.*

4. Have you ever been a “thief” of your own happiness? Have you ever pursued a pleasure that stole your potential, killed a relationship, or destroyed your freedom?

5. In this session, Chris asked the question, “What is your go to quick-fix when you want to feel good, relieve pain, or distract yourself?” What is the first thing that comes to your mind when you hear that question?

6. Do you think you have become a slave to your “quick fix?” Why or why not?

7. Do you find that your quick-fix fulfills you, or leaves you empty and wanting more?

Romans 6:17-18 says, 17 Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you. 18 Now you are free from your slavery to sin, and you have become slaves to righteous living.

8. What do you think it means to be a “slave” to righteous living?

9. What is one way that you can pursue lasting happiness instead of temporary pleasure? How can this group help you to do that?

Closing Prayer:

“Thank you God for providing a way for us to have lasting happiness that fulfills us. Remind us to seek after you when we are tempted to seek out pleasures that leave us empty. Give us a desire to seek you more and more every day.”

** 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 16-20.*