



### *Icebreaker:*

What is the best gift you've ever given to someone?

*(Watch Session 5 of What Makes You Happy)*

1. Could you relate to Bryce and Whitney's story? If so, how?
2. What are some things that our culture and media promise will bring us happiness?
3. How do people in our society often try to find happiness?
4. What are some ways you have tried to pursue happiness in your life but found that they left you empty?

5. Is there anything that you are pursuing right now in hopes that it will bring you happiness?

Matthew 16:25 says, *25 If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.*

6. What do you think Jesus meant in this passage? Have you found this to be true in your own life?

7. In what ways did Jesus give his life away to others?

8. Have you ever experienced the happiness of giving yourself away? Describe your experience.

9. Is there an area of your life in which God might be calling you to “give yourself away?” Explain.

10. What is one practical step you can take to give yourself away this week? Share with the group and ask them to hold you accountable.

*Closing Prayer:*

*“God, thank you for loving us enough to give yourself away for us. Help us to follow your example and give ourselves away so that we can find true happiness. Point out opportunities every day that we can show your love to the people around us.”*

*\* 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 21-25.*