

How To Be Happy



Start Talking. Conversation starter for your group.

- If you could have anything in the world, or do anything you wanted, what would it be?
- What is one thing that makes you unhappy or causes your happiness to dwindle?

Start Thinking.

- Read **Psalm 1:1**. Then read **Proverbs 12:26, Proverbs 13:20, Proverbs 22:24-25, and 1 Corinthians 15:33**. Why is who you hang with and listen to important?
- Do you think it is easy or difficult to be a good influence? Why or why not?
- Read **Psalm 1:2**. According to this verse, what is the key to a blessed (happy) life?
- Why is meditation on the Word important?
- Read **Psalm 1:3**. What are the two things that happen when a believer is planted in the Word? Why is this important?
- David lets us know that in this life, there will be all sorts of seasons, including droughts and dry seasons. When we are planted in the Word, what happens when we walk in the valleys and experience droughts?
- Read **Psalm 1:4-6**. Explain what David was saying in these verses.

Start Sharing.

- Look back at your past relationships and at your current relationships. How did/do these people influence your way of living? Way of thinking? Identity?
- Why do you think people do not delight in God, His Word, and His people?
- Do you find it difficult to delight in the Word? Why or why not? What are some things that will help those who find it difficult?
- How do you personally meditate on the Word? What advice would you give people who don't currently meditate on the Word of God?

Start Doing.

- Talk about ways that your LifeGroup can be more accountable to one another when it comes to prioritizing the Word and the Church. It could be a Bible reading plan, text messaging, sitting together at Vision during a service, etc. Come up with a plan and execute it!