



MESSAGE TO CONVERSATION GUIDE

Chasing Happy | Week 3 | Put On Your Sunglasses

1. Have you ever had a bad experience & it changed your attitude about something? (I.E. you got food poisoning at a restaurant & didn't want to go back). What happened?
2. In this message, Joel said *in life, sometimes we have a bad experience (in a relationship, on a business venture, at church, etc) and that bad experience can shape our attitude in a not so good way.* How can we 1 bad experience chase the happy out of our lives?
3. Read Philippians 4:8. What does Paul say we should *fix our thoughts* on? Spend some time talking about what it means to *fix our thoughts*.
4. In this message, we learned that *we have a fundamental ability to chose our attitude no matter what the circumstance.* Do you believe that concept? If yes, how are you doing living that out? If no, why not?
5. Viktor Frankl, a famous Holocaust survivor, observed people in concentration camps, take the little food they had to give to the sick & weak. He later wrote that from that experience he learned that *"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."* How did that story impact how you think about choosing your attitude no matter what the situation?
6. Read Philippians 4:9. Happiness Habit #2 was to *put your faith into practice.* What are some examples for how we can move from belief to practicing what we believe?
7. Sometimes we put our faith into practice & we don't see any progress. Does that mean progress isn't happening? What should we do when we experience this?
8. What's one takeaway this series taught you about happiness?



We're always looking for Bay Shore Group Leaders to use the 'Message To Conversation Guide' to facilitate a conversation about the message. Interested in going through our Group Leaders training? Let us know!