



**FROM THE BIBLE**  
Philippians 4:10-12 (NLT)  
Philippians 4:13 (NLT)

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## MESSAGE TO CONVERSATION GUIDE

Chasing Happy | Week 2 | Kill The Happiness Killer

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1. What's one thing that, in the moment, you want more & more & more of until you overdo it & aren't happy afterwards (i.e. food, shopping, etc.)?
2. In this message, Joel said *we have a never ending appetite for more*. What are some examples that our culture sell us on the idea of, *more \_\_\_\_\_ leads to more happiness*? Are our appetites ever satisfied when we chase those things?
3. How does discontentment distort how we see what we already have?
4. Read Philippians 4:10-12. In what situations has Paul learned to be content? Is this different than how we often feel?
5. Paul wrote the Bible's letter on happiness while in prison which reminds us that we can experience happiness right where we are. What are a few areas in your life that you are in right now that you have been overlooking God's blessings?
6. Happiness Habit #1 was *savor simple moments*. How can you develop the habit of enjoying the simple moments of life? How would implementing this help you find happiness in any situation?
7. Happiness Habit #2 was *practice aggressive gratitude*. What are 3 things that come to mind that you're grateful for.
8. If you're a Jesus follower, what has He done for you that you're grateful for? How does remembering this make you happier?



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!