



FROM THE BIBLE
Philippians 4:4 (NLT)
1 Timothy 1:11 (NLT)
Philippians 4:6-7 (NLT)
Philippians 4:8 (NLT)

MESSAGE TO CONVERSATION GUIDE

Chasing Happy | Week 1 | Find The Awesome

1. What are 3 things that make you happy (and at least one has to be completely goofy).
2. Happiness is a hard thing to define. Some of us define happiness as joy, or peace, or buy one get one free (BOGO!)! Regardless how you define it, have you noticed that happiness is hard to hold onto? If so, why do you think that is?
3. In this message, the big idea was *happiness isn't so much about getting something new; happiness is about becoming someone new in Jesus*. What are some ways that we become new in Jesus & that brings greater happiness?
4. Read Philippians 4:4. Paul, the author of Philippians, isn't giving us a suggestion but rather a command that we are to *always be full of joy in the Lord*. What are some ways we can live out this command? Are there some areas you can improve on with this command?
5. In 1 Timothy 1:11, Paul describes God as *The blessed God*. The Greek word for *blessed* is *makarios* which literally means *happy*. In other words, we can describe God as *The happy God*. Does that give you new insight to God's character?
6. A lot of times we think God is *holy* but not *happy*...as if holiness and happiness aren't connected. However, Joel said, *what if your happiness is connected to your holiness? What if the rules in the Bible aren't in the way of your happiness but is a pathway to your happiness?* Discuss this concept.
7. In this message, we talked about 2 habits that help with our happiness. Read Philippians 4:6-7 & discuss a habit that breaks worry. How can you make this a habit in your life?
8. Read Philippians 4:8. Habit #2 was to *Find The Awesome* by being intentional to look for the good things we have in our everyday moments (i.e. the car started... awesome!) Would you share 3 simple, but awesome things in your life?



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!