



FROM THE BIBLE
Matthew 5:1-5 (NLT)
2 Corinthians 12:9 (NLT)

MESSAGE TO CONVERSATION GUIDE

Summer Vibes | Week 1 | Are You Happy?

1. What are 3 things that make you happy about the summer season?
2. Here's the question that we highlighted to start out this new series, *are you happy?* What answer is most accurate for you right now...*yes* or *no* or *it depends?* Why?
3. Joel said that the point of this series is to help us unhitch our happiness from *it depends* on what's going on & to instead, hitch our happiness to Jesus. How are those 2 different things with 2 different outcomes?
4. Read Matthew 5:1-3. This is the start to Jesus' most famous message named *The Sermon on The Mount*. Who does Jesus say God blesses? Joel said, this isn't necessarily about financial poverty but realizing we're spiritually poor without Jesus. How does that perspective shift the meaning of this verse to you?
5. The Greek word for *blessed* in the scripture you just read is the word '*Makarios*'. *Makarios* literally means, *happy, blessed, to be envied, realizing your favored by God*. Talk about how that definition can shift how you view happiness.
6. Joel gave us 3 ways we can say, *Yes! I am happy!* The 1st one was to *depend on God for everything*. Discuss this quote from that part of the message, *what if you depended on God more than you depended on your phone?*
7. Paul famously asked God to take an (undisclosed) problem from him, which God didn't do. You can read God's answer and Paul's response in 2 Corinthians 12:9. How do Paul find "gladness" even though he still faced his problem?
8. Another way we can say, *Yes! I am happy!*, is to *deal with the hurts we carry*. How does hurt, hurt our happiness? Read Matthew 5:4 and discuss the path to being 'comforted'.
9. The final idea in this message to say, *Yes! I am happy!*, was to go through life knowing you don't know it all. Read Matthew 5:5 and discuss who Jesus said God blesses (*makarios* = happy) in this passage?
10. What's one way you can up your Summer Vibes (happiness) after this discussion?