



Part 3 - Humility = Happiness
Forrest Jenan - May 20, 2018

HANG OUT (warming up to the topic)

1. Check in to see how everyone's week was.
2. Did you listen to the teaching? What was most challenging? What was most encouraging?

HEAR (listening to God through Scripture)

3. Have you ever seen someone try to deal with unmet expectations by ignoring them, staying busy, or finding someone else?
4. Do you ever try to deal with your unmet expectations by pretending you don't care about them or keeping yourself busy with work or family? If so, how has that worked out for you? Have your unmet expectations ever undermined the quality of a relationship?
5. **Read Psalm 55:12-23**; Are you currently holding back with God by praying polite prayers? What would it look like for you to get on your knees and be unfiltered when you take your concerns to your heavenly Father?
6. **Read 1 Peter 5:5-7**; Is there an area of your relationship about which you need to ask, "What would a humble person do?" What are some things you can do to move to the back of the line in that area?

HUDDLE (making it personal and praying together)

7. What can you do this week to "cast your anxiety" on God? How can this group support you?
8. Happy Couples know that humility = happiness. At the end of his teaching, Forrest shared a few ways you can grow the happiness quotient in your marriage: **1) Practice Gratitude, 2) Try New Things, 3) Dream Together, 4) Celebrate Each Other, 5) Work on Intimacy**. Choose one of these 5 options to pursue together as a couple this week. Let the group know how they can support you.
10. End in prayer.

