

**Sermon Notes and Discussion Questions:
Following in His Footsteps: Doing the Heart Work
Matthew 5:1-12**

Lack of Happiness

We live in a world obsessed with the pursuit of happiness, yet so many fall short in obtaining it. Why do you think this is the case? On a scale of 1-10, how would you rank your happiness? How would you define happiness?

Life of Happiness

The word Jesus uses for blessed, is the greek work Makarios - meaning happy, satisfied, fortunate.

The life Jesus describes is not one defined by circumstances

Money can't buy happiness.

Age has nothing to do with happiness

Climate has nothing to do with happiness

Education has nothing to do with happiness

Circumstances have nothing to do with happiness

Happiness fundamentally is something that happens inside of you and not just something that happens outside of you.

Would you say most people you know are happy? Why or why not?

What are some ways people seek to achieve happiness?

Laws of Happiness

The upward secret to happiness

Be broken

Be broken hearted

Be meek

Be hungry

Be pure

The outward secret of happiness

Be filled with mercy

Be a peacemaker

Think about someone you know who is seeking the good life in all the wrong places. Do you tend to view that person with compassion or judgment?

Why should we have mercy and sympathy for our friends who are searching for happiness in ways they can never hope to find it? How might you point them to Jesus—the path to life and the source of all true happiness?