

## **In Search of Happiness part 1**

What is the first thing that comes to mind when you think about what makes you happy? Why do you think that comes to mind?

How would you define the word "happiness?" How do you think your definition has influenced the ways you have chosen to pursue happiness?

Read Matthew 2:37-40. Respond to Jesus's statement. Does it sound easy or hard? Why or why not?

Sin separates us from ourselves, others and God by substituting things for relationships. Do you believe this to be true? Why or why not?

Are you at peace with yourself? With others? With God? If not what is getting in the way of your peace in these relationships?

In "what" are you currently seeking happiness? What is something you can do this week to turn to Jesus to be your source of happiness? What can the group (if your in a group) do to support you in this?