



## Week 1

### Announcements

Men's Conference – 8/13-14  
Small Group Training – 8/21

### Warm-Up

When you hear the statement *"The pursuit of happiness"* what comes to your mind?

Do you agree or disagree with the well-known statement *"The grass is always greener on the other side of the fence?"* Why?

### Word

As we begin this series, *The Pursuit of Happiness*, we are going to define happiness as a pleasurable or satisfying experience or a feeling characterized by contentment, love, satisfaction, or pleasure.

When are you your happiest? Why?

In our society we often attach happiness to the accomplishment of certain goals and the attainment of material possessions.

What do you think the danger is in allowing happiness to be defined by these standards?

**Read Matthew 5:3-6** You can replace the word *blessed* with the word *happy* in order to gain a clear understanding of the message God is trying to get across to us in these verses. Therefore, it is obvious that God wants us to pursue happiness, but we must do it within the boundaries that He sets for us.

In the rest of our time together today we are going to discuss three things that can steal our happiness.

**1)** The first thing we are going to talk about that can steal our happiness is when we are **overloaded**.

Being overloaded is when we are living our lives with no margin, no room for error and no time to pursue happiness.

The answer to being overloaded is found in **Philippians 4:6-7** where God tells us to give Him our anxieties and trust that He will give us peace.

What is so challenging about keeping our lives from becoming overloaded?

**2) The second thing that can steal our happiness is when we live our lives out of focus.**

What do you think will happen when you put your focus on happiness instead of the God who can bring you happiness?

Happiness is often based on our circumstances. Therefore, we must keep our focus on God in order to keep ourselves from living on an emotional roller coaster. With our focus on God we can maintain our happiness.

**3) The third thing that can steal our happiness is Disconnection.**

**Read Colossians 1:27** According to this verse, from where do you think our happiness will ultimately come?

Having a knowledge that Christ lives in you will bring you a peace and happiness that will prevail even in the most challenging circumstances.

Please share an example of how Christ has given you peace and happiness even in the midst of challenging circumstances.

Of the three things that can steal your happiness, what one is the most challenging one for you to overcome? Why?

What can you begin to do to overcome the thing that tries to steal your happiness in Christ?

## Prayer

Please ask for any prayer requests that people in your group may have. Also, please pray for all of our students who are going back to school with in the next couple of weeks.