

## MYTHBUSTERS

### *God Wants Me Happy* • December 6, 2009

#### ICEBREAKER:

Take some time to get to know each other with some open sharing:

- If you had to describe yourself as a flavor, what would your flavor be?
- For what in your life are you most grateful?
- How are most people trying to find happiness?

#### INTRODUCTION:

Name some pursuits (sins) that can create temporary “happiness”, but lead to permanent sorrow.

Debate the statement: “God wants me happy.”

#### QUESTIONS FOR DISCUSSION:

1. Talk about a time when you did the wrong thing because you thought it would make you happy.
  - Complete the following sentence with the first thing that comes to mind: “I would be happier if only . . .” or “I could never be happy if . . .”
  - What do your answers reveal about your priorities in life?
2. How has the pursuit of happiness caused you to miss God? How did it lead to sin?
  - What are the benefits of pursuing God? (See Psalm 16:11 and John 15:11.) What is the difference between happiness and joy?
3. Describe a time when your circumstances did not make you happy, but you still experienced God’s work in your life.
4. The Apostle Paul experienced many hardships as he followed Jesus. (See 2 Corinthians 11:21-29.) What was the focus of his life? (See Philippians 3:8-10; 14.) How would pursuing this focus lead to a satisfying, joyful and even happy life?

5. In Jesus’ great Sermon On The Mount, he listed out qualities of people who are supremely happy (blessed). Matthew 5:1-12

- Who did Jesus say would experience a *blessed* life? What does it mean to be blessed?
- What does it mean to be *poor in spirit*? How are those who *mourn* blessed?
- What does it mean to be gentle? What will they inherit?
- What will those who *hunger and thirst* for God’s righteousness receive? What does it mean to be *filled*?
- What is the reward for those who are *merciful and peacemakers*?
- How are we blessed by having a pure heart? Why would seeing God result in blessing and joy?
- Which of these kingdom attitudes needs to be developed more fully in your life? What will that look like?

#### WHAT WILL YOU DO?

1. Have you believed the spiritual myth that God wants you happy? Is there anything you are doing today, against God’s will, in the pursuit of happiness? If so, what attitudes or actions do you need to change in order to pursue God and experience a *blessed* life?
2. It is easy to get distracted by worldly pursuits. How will you stay focused on seeking God’s interests instead of chasing after happiness? How will you demonstrate to others, God’s perspective of a *blessed* life?

#### 3. My very next step is to....

**THINK ABOUT IT** (Something to memorize or chew on)

James 1:2-4 (TNIV) *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*