

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

Would you say you are a happy person? Why or why not?

Complete this sentence about you “_____ makes me happy.”

WATCH THE VIDEO

In your own words, compare and contrast the concepts of happiness versus joy. You might even consider making a written list

Read Matthew 6:19-21. We often think about this text as it applies to money. But think about it in light of the concept of joy. What might Jesus be saying from that perspective?

Read Matthew 6:25 to 33. Again, we usually think about this text relative to the idea of worry. Now think about it from the idea of joy. What is Jesus saying from that perspective?

Is there anything in your life you feel like you could not live without? What is it? Is it dependent on outside circumstances? Is there a way that you can still care about that, still desire it, but alter your perspective so that the joy inside of you is not dependent upon it? Discuss this with your group.

Each person in your group should take one of the following scriptures, read it, and share the application with the group. If your group is particularly large, you can do this in groups of two.

- Psalm 16:11
- Psalm 30:11-12
- Ps 94:19
- Ps 126:3
- Phil 4:4

Think about one way this week that you can begin to turn from happiness and towards joy.

Be sure to pray for each other in your group

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