

## What Would Jesus Say. . .about happiness?

### **Message Summary**

The notion of our happiness was on Jesus' radar. But what exactly might he say about it?

1. Happiness is what we are wired for.
2. Happiness is not a given.
3. Happiness is fundamentally not superficial.
4. Happiness is found in our relationships not in our possessions.

### **Engaging the Word**

What are some things that stood out to you in the sermon? Things you specifically related to? Things you didn't understand? Any new insight you are taking away?

Read John 15:1-17

1. Verses 1-8 describes a metaphorical pruning process. How do you see this played out in the lives of those that follow Jesus? What is the benefit of allowing this process to happen in us?
2. In verse 11, Jesus starts by saying, "I have told you this..." What is the "this" Jesus has just told his disciples? In what ways should that lead to our joy and happiness?

### **Engaging the Heart**

1. What did Ray mean when he said, "Happiness is what we are wired for"? If this is true, how does this impact our lives?
2. Ray states that there is a link between generosity and happiness (Proverbs 11:25). How have you seen this to be true? Share an example of a time when you have seen this illustrated.
3. Ray asked the question, "What would happen in this community if we, as Jesus followers, were known as the most loving positive, hopeful, and joyful men, women, and students around?" What do you think?

### **Engaging our World**

In the sermon, Ray gives several statements about how we can choose to make our lives miserable this year. As you wrap up, spend a few moments in silent reflection and choose at least one of those that you have seen demonstrated in your life. Ask God to give you the wisdom to avoid that pitfall and experience more happiness.

- Wait to be happy until your circumstances are just right.
- Keep comparing yourself to other people.
- Choose envy over gratitude.
- Refuse to be generous.
- Go it alone.