

"SIMPLY HAPPY"

Week 2

KEY PASSAGES:

Philippians 1:3-6 I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:1-2 Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons: Grace and peace to you from God our Father and the Lord Jesus Christ.

Philippians 1:21 To me, to live is Christ and to die is gain.

Matthew 16:25 "Whoever wants to save their life will lose it, but whoever loses their life for me will find it"

Mark 9:35 "Anyone who wants to be first must be the very last, and the servant of all."

Phil 2:5-7 In your relationships with one another have the same mindset as Christ Jesus, who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant.

Ephesians 3:20 (God) is able to do immeasurably more than all we ask or imagine...

Acts 16:22-26 The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. When he received these orders, he put them in the inner cell and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.

Isaiah 6:8 I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

Psalms 30:5 Weeping may endure for a night, but joy comes in the morning.

1 Corinthians 13:5 it (love) keeps no record of wrongs.

Acts 17:28 For in him we live and move and have our being.

John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."

Hebrews 12:2 ...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame...

Phil 2:8 He humbled himself by becoming obedient to death—even death on a cross!

QUESTIONS:

1. What are some advertisements, branding or products you can think of that use happiness language in their marketing? Which one(s) strike you as the most ridiculous?
2. Sunday's message opened with an exercise of thinking of someone genuinely and infectiously joyful, then of someone who is joy-depleted, who will *always* find things to complain about or be upset about. Which of those was easier for you to think of names? Why do you think that is?
3. As a nation, our consumer retail debt has never been higher and our sense of peace and happiness and satisfaction has never been lower. What does that say to you?
4. Share any experiences you've had in your past with Christians who might be called the "Frozen Chosen"--people who seem icy, detached, grumpy and stiff, as if they have never discovered the joy of the Lord.
5. How do you think the church would be different if it's reputation was one of joy?
6. It is observed that when we aim at happiness, it eludes us--but we so often end up finding it when we are instead aiming at something of deeper meaning and significance. When have you found that to be true in your life?
7. Four observations were shared Sunday about living with genuine, Godly joy (below). Which of these do you feel you have the most room to grow in / experience more deeply? Be as specific as you are willing.
 - a. Joy is deeply experienced through serving generously (blue verses above)
 - b. Suffering can interrupt a chase for happiness, but it is powerless to stop Christ-centered meaning (green above)
 - c. Joy and relationships are inseparable (purple above)
 - d. Joy is found not in our physical, mental or emotional locations, but only in our spiritual location (brown above)