

"SIMPLY HAPPY"

Week 6

KEY PASSAGES:

John 15:5,11 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing... I have told you this so that my joy may be in you and that your joy may be complete."

Philippians 3:10 I want to know Christ - yes, even to know the power of his resurrection and participation in his sufferings, becoming like him in his death.

Philippians 4:4-7 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 55:22 Cast your cares on the Lord and he will sustain you...

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

2 Corinthians 1:3-4 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts and encourages us in every affliction, so that we may also be able to comfort those who are in any kind of trouble or distress, with the comfort we ourselves receive from God.

Romans 8:16-17 The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

1 Peter 4:12-13 Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

Philippians 4:8-9 Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

John 14:1-3 "Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am."

Hebrews 12:2-3 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

QUESTIONS:

1. Share a time you witnessed someone mistaking a mild inconvenience for hardship.
2. NOW--share a time YOU did it!
3. Read Philippians 3:10 above. How does that verse strike you on first read, especially the second half?
4. Read the 2 Corinthians passage above, the share a time where you experienced that firsthand--either as the one being comforted or the one playing a role in the comforting.
5. Read the two short verses in Psalms & 1 Peter above. What do those communicate to you personally?
6. In your words, explain the difference between a peaceful or joyful *feeling* and a peaceful or joyful *condition*.
7. What is something surface level that you have, through habit, 'trained' your brain to seek comfort in?
8. Phil 4:7 says "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." What connection can you draw between that verse and the one that follows (above)?