

# YOUR MOVE

## WITH ANDY STANLEY

### What Makes You Happy Part 1: Nothing

#### INTRODUCTION

What makes you happy? Something came to mind, right? Something comes to mind for all of us. We all daydream about a trouble-free life made possible by something: a job, house, car, spouse, child, family, or pile of money. But what if what makes you happy isn't a what at all.

#### ICEBREAKER

What is the first thing that comes to mind when you think about what makes you happy? Why do you think that comes to mind?

#### DISCUSSION QUESTIONS

1. How would you define the word happiness? How do you think your definition has influenced the ways you've chosen to pursue happiness?
2. Are you at peace with yourself, others, and God? If not, what stands in the way?
3. In what are you currently seeking happiness? What is one thing you can do this week to try Jesus as your source of happiness? What can this group do to support you?

#### MOVING FORWARD

Happiness is about who, not what. Happy people are at peace with God, others, and themselves. Peace is undermined when we substitute pleasure for fulfillment, things for people, images for intimacy, and self-expression for self-control. Jesus valued and prioritized peace with God and others. That's what makes you happy.