

# What Makes You Happy Part 2: Plan For It

## INTRODUCTION

Too often we assume that happiness and holiness are mutually exclusive. We think we have to choose one or the other. But holiness and happiness don't stand in opposition. It's quite the contrary.

## ICEBREAKER

How would you define the word "happiness" now? How about when you were a child?

## DISCUSSION QUESTIONS

1. Do you have trouble believing that happiness follows from being meek, merciful, and/or pure-hearted? Why or why not?
2. What are some reasons it's difficult for us to live as though we're dependent on God for provision, pardon, and protection? What do we lose when we live like that? What do we gain?
3. Read Matthew 7:24-26. To what extent have you built your life on dependence upon God? How do you think that has affected your happiness?

## MOVING FORWARD

Life is difficult for everyone. We all face obstacles, suffer setbacks, and miss opportunities. Wise people don't find happiness in their circumstances. Wise people recognize their dependence on God, and find happiness in that dependence.

## CHANGING YOUR MIND

*"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand."* Matthew 7:24-26