

What Makes You Happy Part 4: Shoes

INTRODUCTION

Have you ever watched someone else's life and it was like watching a slow-motion car wreck? You can see self-inflicted pain headed in that person's direction. You wonder how he or she doesn't see it coming. Maybe you've been that person. Others tried to warn you, but you couldn't see the danger that was so obvious to them.

How does that happen? Why are we tempted to make decisions that hurt us? The problem often stems from our confusion about the relationship between pleasure and happiness.

ICEBREAKER

Think back to the happiest time in your life. What contributed most to your happiness?

DISCUSSION QUESTIONS

1. Have you ever seen someone undermine his or her own happiness even though that person couldn't see it? If so, what did you do? What happened?
2. Think of a time when you ignored someone's good advice. What were some of the factors that caused you to ignore the advice?
3. During the message, Andy said, "*Eventually, pleasure loses its pleasure and becomes a prison.*" Is it difficult for you to believe that? Why or why not?
4. Is there a pleasure in your life that is stealing your freedom and undermining your happiness? What can you do to change that? How can this group support you?

MOVING FORWARD

Is there a pleasure that is undermining your happiness? Is there a pleasure that's like a warden in your life, taking away your freedom to say no? If so, you've prioritized your pleasure over your happiness. Maybe it's time to live life to the full.