



Sermon-based small groups connect the week to the weekend!

Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.

Message Info: Happy Isn't, 1-23-22 - Happiness is something we all want. We all try to find more of it. But there is a lot of confusion when it comes to happiness. It isn't the default. Everyone else doesn't do it better than us. We don't find it by eliminating bad feelings. The best stuff in life is complex. In Psalm 1 we look at the happiness isn't progression and how to stop chasing happiness as a feeling and start being in the state of happy (*Passages: Psalm 1; Hebrews 10: 23-25*)

Discussion Questions: Take your time and dig into these questions.

When did you feel the most happy in life? What made that time so good?

Was there ever a time where things weren't going that great, life was complex, and yet you still experienced some happiness? Can you tell us that story?

Read Psalm 1. What sticks out to you about this passage? Why?

Do you see the progression mentioned in verse 1. How does the progression express what we do? Who we end up with? Without gossiping or using names; have you experienced anything like this in real life?

Read Hebrews 10:23-25. What sticks out to you from this passage? Why?

Do you think any of the examples of "If you can't delight and meditate this might be one of the issues" from Pastor Josh's message apply to you? (Stuck in religion, stuck in your past, letting your present bind you up, not really understanding the heart of God, wanting something lesser than what God has for you). How? Why?

How can you practically push into delighting and mediating on God's word this week?

Group Challenge: Adopt Sch. Haven or the Tremont Food Pantry. Collect some food to help support these amazing groups. Bring them to your next group. (Leaders contact Ruth - ruth.e.torres0519@gmail.com for more info!