



# Small Group Guide

2.5.23

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1. 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?
2. How would you define the word happiness? How do you think your definition has influenced the ways you've chosen to pursue happiness?
3. **Read Philippians 4:4-6.** Respond to Paul's statement. Does it sound easy? Why or why not?
4. During the message, Curt said, "You can't be joyful until you learn to accept where you are right now." How is perhaps an unacceptance of where you are prohibiting your happiness and joy.
5. What is your biggest barrier in choosing to rejoice in God's goodness when bad news comes your way. Or another way to say it – what gets in the way of you "changing your mind" when you begin a downward spiral, perseverating, taking things too personally or getting caught up in your own thoughts.
6. What are you going to do this week? What can this group do to support you?

## MOVING FORWARD

Happiness is about who, not what.