**Isn’t it enough to be happy?**

discussion guide

based on **Matthew 6:25-34** (Linked to sermon of 05/2/17)

which can be accessed at www.stjamesbythepark.org/current-sermon-series

*This was the second in a short series “Life’s big questions” – questions which everyone asks at some point, regardless of their faith background. The discussions will hopefully equip us to engage with our secular friends on some of these topics.*

Intro: Why not share how your weeks have been, pointing out particularly good points, bad points, and maybe times when you have felt God particularly close.

1. This week we looked at the idea of happiness, do you think it’s ever enough to just be happy? If you asked your non-christian friends what do you think they might say?

2. Amy used the example of Victor Frankl a Jewish Psychologist, who had three pointers to help out happiness. The first was to create a work, or do a deed. What does that look like for you in terms of faith? How do you think that can help with the search for happiness?

3. Frankl’s second point was, by experiencing someone or something. Amy talked about it being Jesus who we needed to meet and have an encounter with. Share your experiences of encounters with Christ.

4. The idea of Shalom was talked about too, that happiness isn’t the goal, rather that wholeness and restoration (shalom) should be the goal. How do you feel about that being a goal in the Christian life? How do we go about finding it?

5. Frankl’s third point is about the attitude we take to unavoidable suffering. What does that look like for us in light of the cross? And the resurrection?

6. What might you do differently in your week after the sermon on Sunday, and the discussion you have had now?

**Pray**.

Why not spend some time praying as a group.

Pray for the world, and all those places in which happiness doesn’t seem to be in high supply; situations that have been brought to your attention.

Pray for friends and family, maybe those who are suffering at the moment.

Finally pray for yourselves and the week you have ahead of you.