

## GO DEEPER

use these questions for further study

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**Pray** the Lord's Prayer together or individually to begin the time (Mtt 6:9-13).

### Share with the Group

What makes you happy? What are some things that just bring a smile to your face and make you feel good?

How much of your day/week do you spend seeking happiness or things that you hope will make you feel happy? How much of this is conscious vs unconscious?

Pastor Adam said our culture is obsessed with happiness. Do you agree? Why?

What does our culture say about how to achieve happiness?

Pastor Adam talked about the problems of Hedonism and putting happiness first. In your own words, where does this false-theology lead and why is it bad? How does hedonism distort our view of God, ourselves, and others?

**Read 1 John 2:15-17** - How does this passage speak against hedonism?

If God isn't mainly focused on your happiness, what is He focused on?

What's the scariest or hardest part about replacing the pursuit of happiness with the pursuit of God? What spiritual disciplines can help us on this journey?

**Read Psalm 37:1-7** - How can this passage encourage us to pursue God first?

**Read** the following verses and consider how each can challenge and reframe our understanding of happiness and how we live:

Psalm 1:1-6

Matthew 5:3-12

James 1:1-4

Ecclesiastes 7:14

John 16:33

Proverbs 16:20 & 25

### Consider your own life:

Where have you allowed yourself to believe it's God's job to make you happy?

Where are you tempted to pursue unwise or unholy things to become happy?

What practical step can you take this week to seek God first?

**Close** by reading Psalm 97:12

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