

# YOUR MOVE

## WITH ANDY STANLEY

### What Makes You Happy Part 1: Nothing

#### INTRODUCTION

What makes you happy? Something came to mind, right? Something comes to mind for all of us. We all daydream about a trouble-free life made possible by something: a job, house, car, spouse, child, family, or pile of money. But what if what makes you happy isn't a what at all.

#### ICEBREAKER

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?

#### DISCUSSION QUESTIONS

1. How would you define the word happiness? How do you think your definition has influenced the ways you've chosen to pursue happiness?
2. Are you at peace with yourself, others, and God? If not, what stands in the way?
3. In what are you currently seeking happiness? What is one thing you can do this week to try Jesus as your source of happiness? What can this group do to support you?

#### MOVING FORWARD

Happiness is about who, not what. Happy people are at peace with God, others, and themselves. Peace is undermined when we substitute pleasure for fulfillment, things for people, images for intimacy, and self-expression for self-control. Jesus valued and prioritized peace with God and others. That's what makes you happy.

# What Makes You Happy Part 2: Plan For It

## INTRODUCTION

Too often we assume that happiness and holiness are mutually exclusive. We think we have to choose one or the other. But holiness and happiness don't stand in opposition. It's quite the contrary.

## ICEBREAKER

How would you define the word "happiness" now? How about when you were a child?

## DISCUSSION QUESTIONS

1. Do you have trouble believing that happiness follows from being meek, merciful, and/or pure-hearted? Why or why not?
2. What are some reasons it's difficult for us to live as though we're dependent on God for provision, pardon, and protection? What do we lose when we live like that? What do we gain?
3. Read Matthew 7:24-26. To what extent have you built your life on dependence upon God? How do you think that has affected your happiness?

## MOVING FORWARD

Life is difficult for everyone. We all face obstacles, suffer setbacks, and miss opportunities. Wise people don't find happiness in their circumstances. Wise people recognize their dependence on God, and find happiness in that dependence.

## CHANGING YOUR MIND

*"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand."* Matthew 7:24-26

# What Makes You Happy Part 3: Happy Money

## INTRODUCTION

When it comes to our finances, most of us believe that the connection between happiness and money is determined by the amount of money we have. If money hasn't made us happy so far, it's only because we don't have enough. But if your goal is to find happiness, no amount of money will ever be enough. It's not about how much money you have; it's about how you manage it.

## ICEBREAKER

Talk about a time when you thought a material possession would make you happy (we've all thought it). Did you acquire that possession?

## DISCUSSION QUESTIONS

1. Have you ever met someone who was happy despite having little money? If so, what stood out about that person?
2. During the message, Andy said, *"Giving will bring you joy, saving will bring you peace, and living on the rest will bring you freedom."* Is it difficult for you to believe that? Why or why not?
3. Read Matthew 7:24–26. To what extent have you built your life on dependence upon God? How do you think that has affected your happiness?

## MOVING FORWARD

Money won't make you happy, but money can contribute to your happiness if you manage it well. Generosity and wisdom with money will make you happy.

# 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.

# What Makes You Happy Part 5: You're Not Enough

## INTRODUCTION

We're tempted to believe that happiness comes from acquiring things. But happiness is an outcome of what we sow in our lives. Knowing that truth is like paint in a can: it makes no difference until you apply it. Doing makes the difference—especially doing for others. You won't be happy as long as you are all about you.

## ICEBREAKER

Talk about a time when acting selflessly made you happier. Why do you think you felt happy?

## DISCUSSION QUESTIONS

1. It's easy for us to agree that we can't find happiness through money, possessions, and status. Why is it so difficult for us to live as though that is true?
2. During the message, Andy said, "*You were designed to live with open hands.*" Is this difficult for you to believe? Why or why not?
3. Is there a way you need to serve others or a place you need to volunteer? If so, what is one step you can take this week toward serving or volunteering? How can this group support you?

## MOVING FORWARD

You were made for more than you. It's not intuitive, but it's true. You can't acquire, consume, or exercise your way to happiness. But you may be able to serve and volunteer your way there. If you live as if it's all about you, you will never be happy.