

## The Happy you

**Welcome** - what is the first thing that comes to your mind when you think about what makes you happy? (Be honest nobody is judging you!)  
Why do you think that comes to mind?

**Word** - today's theme is 'the happy you....'

- How would you define the word happiness?
- How do you think people's definitions of happiness influence the way they choose to pursue happiness?

Read Matthew 5 v. 1 - 12

These statements begin with the word 'blessed' and describe what a happy life looks like. Work through them one by one asking people to say what they believe them to mean. (Draw on the definitions Leon used on Sunday.)

Happiness is an outcome of living a certain way, not a goal to pursue.

- Do you have trouble believing that happiness follows from the list of behaviours Jesus describes? Why or why not?
- Which of these are most challenging to you and why?
- Which of these are most inspiring to you and why?

Read Mark 4 v.35-41

- One of the things happy people do possess is peace.
- Why is this so important to happiness and so hard to find at times?

***'Peace doesn't come from finding a lake with no storms, it comes from having Jesus in the boat' - John Ortberg***

- How have you experienced the truth of this in your life?

## Prayer time....

Finish by praying for each other if anyone needs to experience the presence of Jesus in their boat right now.

Then spend some time praying for the church and for this new year...use the phrase 'enter in' that we sense is a foundational word for us for 2016

Pray for the life group that this would be the year more people 'enter in'

Pray for the wider community that this year we will all 'enter in' more fully.