

LIFE GROUP NOTES:

SERIES: The Pursuit of Happiness

PART SIX: Sowing Happiness

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, 20 idolatry, sorcery, hostility, quarrelling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!



Gal 5:19-23 (NLT)

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 just... 'all about you.'

DISCUSSION QUESTIONS

1. Talk about a time when acting selflessly made you happier. Why do you think you felt happy?
2. 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?
3. During the message, we said, "*You were designed to live with open hands. Selfishness is the result of brokenness.*" Is this difficult for you to believe? Why or why not?
4. Read Galatians 5:19–21. In what ways are you tempted to find happiness at the expense of others? How do you avoid acting on those temptations?
5. Read Galatians 5:22–23. As you look at that list of behaviours, is it difficult for you to believe they lead to happiness? Why or why not?
6. 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?

MESSAGE SUMMARY

You were made for more than you. It's not intuitive, but it's true. You can't **AQUIRE**, **CONSUME**, or **EXCERSISE** 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. Even if you 'pick and mix' from others lives, it will never be enough. Studies worldwide show overwhelmingly that **SELFLESSNESS** leads to happiness, wellbeing and even health. But how can emptying myself make me full? This is how you were created to be by **DIVINE DESIGN**. When you follow the desires of your sinful nature the results are clear (Gal 5:19-20). These results are consumptive and 'pleasure at someone else's expense. They add no value to our lives or our communities. The value of a life is always measured by how much of it is given away.

CHANGING YOUR MIND

We value in others their selflessness, not their selfishness. Jesus said that serving others make us truly 'great'. Jesus didn't just talk about this principle; he lived by it and died by it. He sit's today at the right hand of the father because of it. He is still regarded today as one of the greatest people to have walked the earth. If you're his disciple and you want to be happy- you have to figure out a way to consistently give yourself away.

*Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave ...'***Phil 2:4-7**