

EVERYTHING IS AMAZING AND NOBODY'S HAPPY

SECRETS OF TRUE HAPPINESS FROM THE BOOK OF PHILIPPIANS

Getting Started

Take a moment to tell your best “Mom” story

- My mom was so crazy that...
- My mom cooked like...
- My mom always used to say...
- One funny thing my mom did was...

What technological advancement within the last 10 years are you most amazed by? What advancement are you most dependent on?

Going Deeper

Do you agree with the following statements?

- Over the course of your lifetime you will continually be amazed at the advancements of technology.
- You will also be continually amazed at how each of these advancements do not lead to lasting joy.
- You will, most likely, sit on the sidelines and notice how each advancement leads people farther away from each other and from true happiness.

The theme of the book of Philippians is found in verse 4:4

“Rejoice in the Lord always. I will say it again: Rejoice!”

In what way would you like this statement to be reflected in your life?

How do you see a need for more joy in your current life?

On Sunday Jack talked about 3 rumors about joy and happiness that we all tend to agree with

- 1) I cannot be happy unless I've got it all together
- 2) I can't be happy unless my circumstances are right
- 3) I can't be happy unless I'm out of danger

Which of those statements are you most likely to believe in your own life?

Read the following passages and talk about how Paul lived his life differently

[Philippians 1:3-6](#)

[Philippians 1:12-14](#)

[Philippians 1:18-24](#)

There is not enough circumstantial evidence for Paul to experience joy, but he seems to anyway. How do you think we can find joy in life despite circumstances? What have you done that works?

This weeks challenge.

In order to start reprogramming yourself to find joy in a different place, take the following steps.

1) Do a technology fast

To find out how dependent you are on your phone and computer and Facebook and Instagram for your joy, cut it out for a couple days, maybe a week. It might be eye opening to find out how dependent you are on it

2) Be on the lookout for something to be joyful about today

Our tendency is to look at all that is wrong and the problem with that is there is always something wrong. Shift your focus this week. Instead of noticing the wrong and focusing on that, look for something good inside the bad.

3) Write the end of your story

Take time this week to write out the good that God can bring from the difficult time you're walking through. How is God maturing you? How will you be able to help others when you're done.

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