WHAT MAKES YOU HAPPY

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 in the long-run? The problem often stems from our confusion about the relationship between pleasure and happiness.

DISCUSSION QUESTIONS

1. Talk about something you do for fun. What do you enjoy about that hobby or activity?

2. 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?

3. Think of a time when you ignored someone's good advice. What were some of the factors that caused you to ignore the other person's wisdom?

4. Read John 10:7–11. What are some reasons it is difficult for people to believe that Jesus wants them to have life "to the full"?

5. 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?

6. Is there a pleasure in your life that is stealing your freedom and undermining your happiness? If so, what is one thing you can do this week to begin to trade your sin for the good shepherd? How can this group support you?

MOVING FORWARD

Is there a pleasure that is undermining your happiness? Is there a pleasure that's beginning to act like a warden in your life by taking away your freedom to say no? If so, you've prioritized your pleasure over your happiness. Maybe it's time to trade your sin for a good shepherd who offers you life to the full.

CHANGING YOUR MIND

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. I am the good shepherd. The good shepherd lays down his life for the sheep."
John 10:10–11