

SERIES: TRUEISH | WEEK 2
SERMON: AS LONG AS YOU'RE HAPPY

OPEN

1. What would you do if you won \$20 million?
2. Where have you seen the concept "As Long As You're Happy" be the most prevalent?

DISCUSS

3. Read Ecclesiastes 2:1-11
What is surprising about this passage? What isn't surprising?

The "Adaptation Principle" tells us that we naturally adapt to changes in our circumstances, so that even exciting improvements eventually lead to discontentment.

4. Share a story in your life when an exciting change didn't bring the happiness you thought it would. (e.g. A promotion that brought more stress, a bigger house that was more to maintain, etc...)

On the other hand, negative developments in our life give us opportunities to grow and progress that we wouldn't have had otherwise.

5. Share a story in your life when a negative event actually brought happiness you didn't expect. (e.g. A relationship ending that revealed unhealthy attitudes, an unexpected illness that helped break an addiction, etc...)
6. "Your brain gets the most pleasure out of taking steps toward a goal, not actually achieving a goal" - This is known as the Progress Principle. How does this principle change our perception of the "pursuit of happiness"?
7. If our brains are truly happiest in the pursuit of a goal and not in the result of achieving it, how do this apply to our faith?
8. What are some "goals" of faith that you have achieved, that may have fallen short of producing happiness?
9. In a practical sense, how would you define holiness? How would you define the pursuit of holiness?
10. "Holiness isn't a goal you achieve, it is a God you pursue." What does this practically look like?
11. How can you start to reorient your life away from the "True-ish" statement, "As Long as You're Happy" and toward the truth that "There's no greater happiness than pursuing Holiness"?

