

DISCUSSION GUIDE

CORE52 | #9 Finding Happiness

Psalm 1:1-3

January 21-24, 2021



Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and night.
That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.

Psalm 1:1-3 | NIV

- How important is happiness in your life?
 - What happens when someone seeks too much OR too little happiness in their life?
- Does God want you to be happy?
 - Why are extremes difficult with the answer to that question?
- Why did God create Oxytocin, Dopamine, and Serotonin? What do each of those do and why are they important?
- Do you agree with the statement, “God designed us for long-term habits?” Why?
- How much of your happiness comes from genetics, circumstances and choices (each)?
 - (On average, 50% comes from genetics, 10% comes from circumstances and 40% comes from choices.)
 - How do those percentages strike you?

- How much do you make in a year? JUST KIDDING. The real question is “Does what you make effect your happiness?” Positively or negatively?
- What does it mean, “It is our personal motivations for happiness that really cause us to be happy?”
 - Is that true?
 - What are your personal motivations?
 - Relationships? What relationships?
 - Maybe not want an out loud answer to this question - Do you trust people that you have relationships with? How?
 - Growth? How have you grown in life over the past year?
 - Service? How do you help others?
- When you hear the word “Blessed”, What comes to mind?
 - How are blessed and happiness connected?
- Read Pslams 1:1-4
 - How does this scripture show healthy relationships?
 - How is Walk, Stand, Sit important in relationships?
 - Reflect on how David uses the word “meditation”? How is that implemented into our lives?
 - What can we learn about service from this scripture?
- Read Pslams 1:5-6
 - What is important to learn from that passage?
- How could you build your relationships this week?
 - How could you show gratitude?
- How could you grow this week?
 - How could you meditation on scripture this week?
 - Challenge to read Psalms 1:1-6 everyday.
- How could you help someone this week?
 - How could you be generous?
- Pray together