

PART 1-Happiness Is Elusive

Play Part 1

1. Looking ahead, what would make the next 12 months your happiest year ever?
2. After viewing “This Is Water” by David Foster Wallace, what could you conclude is the “sobering truth” about the pursuit of happiness?
3. **AGREE OR DISAGREE:** The speaker says, “Wallace was right. If you don’t intentionally choose the right way to think you’re going to miss out on the kind of life God wants you to have.”

PART 2-Happiness “For A Little Bit”

Play Part 2

1. **AGREE OR DISAGREE:** What makes a man happy are the Three S’s: Steak, Sex and Sofa.
2. **AGREE OR DISAGREE:** What also makes a man happy are Attention, Friends, Control, Comfort, Respect, Love, Approval and Excitement.
3. In **Ecclesiastes 1:2** Solomon concludes that all the pleasures of this world are “meaningless” – a breath or vapor that’s there and then it’s gone. Is he still right today? How does that apply to #1 and #2?

PART 3-Craving Happiness – Something’s

Missing Play Part 3

1. **DISCUSS:** “What is it about the human heart or soul that wants and needs and needs and needs and craves and craves?”
2. **DISCUSS:** **Ecclesiastes 3:11** “*God has set eternity in the human heart.*” The speaker says, “When God gifted you with a soul that soul at its very depth would crave not little temporary vapors and bursts of happiness – there would be a deep craving within you that would never be truly happy or satisfied until something would last forever.”

3. **AGREE OR DISAGREE:** The speaker says, “I would propose to you today that every one of the sins that you and I commit is because we want one of those things so badly and we don’t have it.

and we don’t have it.

4. **FINISH THIS SENTENCE:** When men lack _____ they sin by _____.

5. **DISCUSS:** “Whenever one of those compartments of our heart isn’t filled up, we end up turning to pretty ugly places.”

6. **DISCUSS:** “What part of your heart explains lots of the sins you’ve been committing?”

7. **DISCUSS:** “What is it that you crave so badly you commit that sin again and again and again? What’s missing in your heart?”

8. **DISCUSS:** “Men sin in the spaces.” What does that mean?

PART 4-Happiness – What Do We Do About It

Play Part 4

1. **DISCUSS:** What is the lesson of the two hungry boys and their fathers? Where do the fathers differ?

2. **READ Psalm 73:26** “*My flesh and my heart may fail but God is the strength of my heart and my portion forever.*”

DISCUSS: The speaker says, “I’m starting to learn that the Bible has much, much more to offer us than just the word of forgiveness.” “God is not just in the forgiving business but He is in the fulfilling business. He is in the contentment, satisfaction, joy and happiness business.

3. **WHAT IS THE IMPACT OF THE SPEAKER’S STATEMENT:**

“What I want to tell you is this truth that has changed everything about my life and taken my happiness level through the roof is God... **GOD IS THE KEY TO HAPPINESS.**”