

FOOD FOR THOUGHT *(continued)*

TAKING IT HOME

1. During the talk, Jeremiah said that sin separates us from God, ourselves, and others. We have all experienced this at some level in our lives. How have you experienced separation in your own life because of your sin or sins committed against you?

2. The followers of Jesus who wrote about him gave us a number of guidelines for dealing with sin in our own lives & relationships. What practical application do you learn from these verses about dealing with sin?

SCRIPTURE:	PRACTICAL APPLICATION:
Matthew 18:15	
Matthew 5:23-24	
Galatians 6:1-5	
James 5:16	

3. Are you currently seeking happiness in a "WHAT" instead of a "WHO"? What is that thing and what is one thing you could do this week to turn your attention to Jesus as your source of happiness?

4. As you reflect on this talk, is there one thing that particularly caught your attention, challenged you, or inspired you? What might God be asking you to do with this message?

MESSAGE NOTES

Emotional Health // Week 6

How to be HAPPY:

1. Happiness is more about a _____ than a _____.

2. All happy people have one thing in common: _____.

- Happy people are at peace with _____.

- Happy people are at peace with _____.

- Happy people are at peace with _____.

3. Anything that undermines peace undermines _____.

MEMORY VERSE:

*"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself. **Matthew 22:36-39***

4. Peace with God _____ to peace with ourselves

and _____ us to make peace with others.

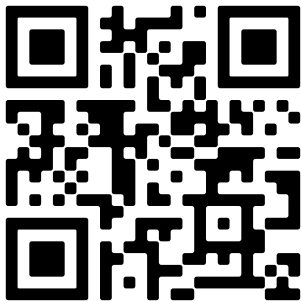
5. Sin _____ us from God, ourselves, and others.

*Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. Do not be misled, my dear brothers and sisters. Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, are his prized possession. **James 1:14-18***



PERSONAL NOTES

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FOOD FOR THOUGHT

Our Winter Groups Season kicks off THIS WEEK! During this season, use these questions to facilitate discussion with your Group or for personal study.

GETTING TO KNOW YOU

1. What is the **FIRST** thing that comes to mind when you think about what makes you happy? Why do you think that comes to mind?

2. How would you define “happiness”? How do you think your definition has influenced the ways you’ve chosen to pursue happiness?

DIGGING DEEPER

1. King Solomon was described as the “wisest man who ever lived”. And yet, in his writing in Ecclesiastes, he describes his pursuit of pleasure in all things and how it left him feeling empty. Read what he wrote about that pursuit in **Ecclesiastes 2:1-11**.

Why do you think King Solomon’s experiment of unlimited pursuit ended up meaningless?

2. Read **Matthew 22:35-40**. Jesus is basically saying that “*peace with God paves the way to peace with ourselves and equips us to make peace with others.*” What do you think about this? Does it sound TOO easy? Why or why not? How does this concept help when it comes to understanding this whole series?

“Be doers of the word and not hearers only...” *James 1:22*

