



PART 1: *Nothing* (Andy Stanley)

INTRODUCTION

What makes you happy? Something came to mind, right? Something comes to mind for all of us. We all daydream about a trouble-free life made possible by some thing: a job, house, car, spouse, child, family, or pile of money. But what if what makes you happy isn't a what at all. What if it's a who?

DISCUSSION QUESTIONS

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 the word *happiness*? How do you think your definition has influenced the ways you've chosen to pursue happiness?
3. What is *joy*? How does *joy* transcend to both *happiness* and *sadness*?
4. Read Matthew 22:35-40. Respond to Jesus' statement. Does it sound too easy? Too simple? Why or why not?
5. What does it look like practically to love God with your *all*? How about loving your brother as yourself?
6. During the message, Andy said that sin separates us from ourselves, others, and God by enticing us to substitute *things* for relationships. What are these *things*? In what ways does that definition challenge your assumptions about sin?
7. Are you at peace with yourself, others, and God? If not, what's getting in the way of your peace in those relationships? How can you begin to pursue peace today?
8. In what are you currently seeking happiness? What is one thing you can do this week to turn your attention to Jesus as your source of happiness? What can this group do to support you?

MOVING FORWARD

Happiness is about who, not what. Happy people are at peace with God, others, and themselves. Sin undermines peace because it separates you from God, others, and yourself by substituting pleasure for fulfillment, things for people, images for intimacy, and self-expression for self-control. Since Jesus valued and prioritized peace with

God, ourselves, and others, and since you want to be happy, you should consider becoming a follower of Jesus.

CHANGING YOUR MIND

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." The entire law and all the demands of the prophets are based on these two commandments. **Matthew 22:37-40**

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15:13**

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. **Matthew 6:33-34**