



HCC LEADER'S GUIDE

(PORTIONS TAKEN FROM MARK MOORE'S LEADER'S GUIDE)

Social time – meet and greet each other

Video – watch Mark's short video to get everyone in tune with the core teaching for the week

Memory verse - can anyone recite the core (memory) verse this week? (Psalm 1:1-3)

Starter questions - choose only one or two

1. What do you think that most people believe will make them happy?
2. Answer Mark's question on pp.60: "Here's the paradox of happiness in the context of Christianity: those who claim God wants them happy are usually wrong, and those who claim God doesn't want them happy are also usually wrong. So what's right?"
3. What are some of the destructive choices people tend to make in the pursuit of their own happiness? Why? James 1:12-15
4. What do you think about God's interest in your happiness? Do you believe that God wants you to be happy? God has given us everything we need for life and godliness (2 Peter 1:3). How is holiness and obedience to His Word the key to real happiness?

Key Passages to Help Us Understand the Core

1. Job 1-2 What can we learn about happiness from the story of Job?
2. Psalm 37:4; Philippians 3:1; 1 Thessalonians 5:16. What did the Holy Spirit reveal to you as you meditated on these verses this week? Do you rejoice in the Lord in all things? Is He your delight? Does it bring you great joy to obey His Word?

Group Discussion - don't try to do them all ... pick the ones best suited to your group

- 1) What was your high and low in happiness in the last week or two: oxytocin (relationship), dopamine (discovery), serotonin (significance)? Were these highs and lows consistent with Scripture?
- 2) What could you do in the next 3 days that could increase your overall happiness?
- 3) What three things does Mark pull from Psalm 1 that help us build a happy (blessed) life? (see pp.64) Are there any of these that you feel that you lack?
- 4) Comment on Mark's statement, "Obedience to God fosters our happiness." How is our happiness intimately connected to our faith in Christ? 1 Peter 1:8-9

Application for the Week

- 1) On page 65, what was the Day 5 challenge? If you tried it, describe your experience.
- 2) What habit (or habits) do you intend to implement to increase your overall happiness?
- 3) **Pray** – ask God to help everyone in the group live out the lesson in their life.