

Dig Deeper @Home – “Biblically Incorrect”

Complement to lesson on 08/22/21 – “Truly, Truly, God wants you to be Happy?”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. Describe your “happy place,” the place where you feel a sense of joy. What about this place makes you feel happy?
2. Share an occasion in your life when you felt a great sense of being “happy.”

MEMORIZE – 2 Timothy 3:16-17

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”

READ – Matthew 5:1-11

Questions to ponder/discuss:

1. What does the Holy Spirit draw your attention to as you read these passages?
What sticks out to you?
 - a. What general observations can you make about the Christian life? Is anything repeated? Contrasted? Compared?
2. How do these passages point us to Jesus?
3. Read Psalm 1. Who did the psalmist say will be “happy?” What fate does the psalm ascribe to someone who disregards God?
4. Compare Romans 10:15 to Isaiah 52:7. In what ways do you understand the gospel to be “good news of happiness?” (Isa. 52:7, ESV)
5. Summarize the following Scriptures. Though the version you’re reading may say it with different words, they’re both commands to be happy. (Psalm 81:1 Matthew 5:12)

EXPERIENTIAL ACTIVITY – Choose Happiness

Embrace one or more of these suggested ways of “choosing to be happy” as you go about your week.

Count your blessings. Choose to be grateful. Take time each day to list **three things** you are grateful for.

Carry a smile. Think about the way you go about your day and how your facial expressions say a lot about how we feel. Choose to smile.

Hold back a complaint. The times you want to lash out during the week in verbal complaint towards a person, a situation, or yourself, don't. Instead, humbly keep it to yourself. Choose not to complain.

Treat others well. Everyone wants to be treated kindly. But more than that, deep down, we also want to treat others with the same respect that we would like given to us. Treat everyone you meet with kindness, patience, and grace. Choose to practice the Golden Rule, "Do unto others as you would have them do unto you".

Meditate on God's Word. Find time alone in solitude. Take with you one promise from God's word to keep your mind fixed on as you go throughout the day. Choose to meditate on God's word and to connect with God, and improve your happiness this week..

SING (Suggested songs to sing. Use these, or any favorites of the gathered group, to worship Jesus!)

Goodness of God – Bethel Music - <https://www.youtube.com/watch?v=xSURYQFIWHI>

Joy – Rend Collective - <https://www.youtube.com/watch?v=VDiETOLBvxA>

O How Happy are They – Mennonite Hymnal #272

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

Sending prayer based on the series:

Father God, open our eyes to your truth. (Psalm 119:17-18)

Do not allow us to walk in darkness. (Isaiah 42:16)

May your Word be as a lamp to our feet, and a light to our path. (Psalm 119:105)

Guide us by your Holy Spirit to walk in the truth, bringing glory to the name of Jesus! (John 16:13-14)