

SMALL GROUP DISCUSSION GUIDE

For the week of July 26-August 1, 2020

“HAPPINESS: THE BY-PRODUCT OF A DIFFERENT PURSUIT”

GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

Think of specific ways that culture today would pursue happiness. Does this affect or influence that way you pursue happiness?

GROUP DISCUSSION

Read Psalm 1:1-6.

1. The word “blessed” in the Hebrew literally reads “blessed, blessed,” a way to attempt to translate “blessednesses.” In the Greek translation, it describes a man who is fully satisfied, independent of or regardless of circumstances. What picture comes to your mind as you consider these descriptions? Why is it important that we understand what this word means?
2. Consider the three phrases in verse 1: “walk in the counsel of the wicked/ungodly,” “stand in the way of sinners,” and “sit in the seat of mockers/scoffers.” Have you experienced any of these in your life or seen it in the life of another? What did it look like?
3. *Discuss.* Read Matthew 9:10-13, 11:18-19. How do you think Jesus exemplifies Psalm 1 in his life?
4. Pastor Nic talked about two influences: people and culture. Discuss briefly how these can be a negative influence for a Christian. Can you think of other “influences” today that can lead one astray? How does one respond?
5. Consider the three words in verse 2: “delight,” “law” and “meditate.” What are some of the first thoughts that come to your mind when you hear these words? Why?
6. Read Joshua 1:8; Psalms 19:14; 119:15,9; Philippians 4:8; John 15:7. What is the difference between someone who delights in the Word of the Lord and someone who does it out of duty or obligation? Reflecting on your life, can you honestly say that you delight in God’s Word?

7. What contrasts do you find between the righteous and the wicked in this psalm? Psalm 1 talks about fruitfulness and prosperity in the life of the righteous. How do you think this actually plays out in real life?

8. [NEXT STEPS]

Happiness is the by-product of a different pursuit, that is, the pursuit of God himself through his Word. This week:

- I will find time to truly meditate on the Word of God.
- I will approach God’s Word with a heart willing to listen, reflect and respond.
- I will find time to rest and delight in God, my Savior.
- I will be watchful and set boundaries with influences that will lead me away from the Lord.

Don’t forget to:

- Go through the devotionals everyday this week.
- Have a regular daily time of prayer and reading of God’s Word.
- Commit 30 minutes a day for God’s intervention in this fight against the COVID virus.

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray to grow in your delight of God’s Word, not in a legalistic way but because of your relationship with him.
- Take the time to pray for our nation, for peace and for the gospel to prosper during this time of the pandemic.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.