



RECAP:

We are all searching for happiness. We chase it like we chase our own shadows as children. But just as we can never catch our shadows, we can't really catch happiness either. That's because happiness isn't something you catch; happiness is someone you become.

Psalm 16:11 says, "You reveal the path of life to me; in Your presence is abundant joy; at Your right hand are eternal pleasures." This simple verse tells us that our happiness is found in God. It's in His presence that we find abundant and eternal happiness. When we abide, or dwell, in His presence, the result is joy. When we walk through life empowered by the Holy Spirit given to us by God, the result is joy.

We don't have to chase happiness. It's already ours in Jesus.

DISCUSSION QUESTIONS:

- In this sermon, Pastor Derwin shared some of the lies we believe that hold us back from happiness. What are some lies you've been believing? (*These can include: having more will make me happy, the right job will make me happy, money will make me happy, etc.*)
- Why do these lies hold us back from happiness?
- In Psalm 16, the psalmist talks about "eternal pleasures." While money, a relationship, or a good job may bring temporal pleasures, only God gives us eternal pleasures. What are the eternal pleasures God gives us?
- Read Psalm 16:4. What happens when we try to put other things in the place of God?
- Read John 15:5. Jesus says that when we abide or remain in Him, we will produce much fruit. What does it mean to abide in Jesus? How do you practice abiding in your everyday life?
- The fruit of the Spirit listed in Galatians 5:22-23 is the result of abiding in Jesus. We don't have to force the fruit to grow, it's a natural occurrence in the life of the Christ-follower who is allowing the Holy Spirit to empower them. Share about someone in your life who displays the fruit of the Spirit. What have you learned from them?