APPLICATION

- Where or what do you base your happiness on?
 Complete the sentence: "I would be happy if
 _____." How does this align with what the Bible teaches?
- In what area of life do you need to grow in security? How can you get that security from God every day?
- How can you grow in your understanding of your identity in Christ this week?

PRAYER

- Thank God for who He is and how He is our real source of joy and life.
- Pray that you would not look to circumstances, pleasure, or people for happiness. Trust that your happiness and joy will come from pleasing God.
- Ask God to make you secure in Him and that your life will always reflect God and His ways.



WEEK 2

True Happiness

			
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WARM-UP

- What makes you happy? Why?
- Recall a time when you made someone happy. What did you do?
- Why do you think many people are obsessed with happiness?





¹⁰I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor. ¹¹Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun. **ECCLESIASTES 2:10,11**

Solomon gave into every pleasure available to him and he sought happiness. But, in the end, his conclusion was still: Everything is meaningless. In reality, happiness does not come from what we own, but from pleasing God (Ecclesiastes 2:26). Our goal in life should not be our own pleasure or enjoyment—but His honor and glory. In this lesson, we will contrast the fleeting pleasures of happiness with the eternal fruit of living for God's honor.

1 Temporary vs. Lasting

I thought in my heart, "Come now, I will test you with pleasure to find out what is good." But that also proved to be meaningless. **ECCLESIASTES 2:1**

He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. **HEBREWS 11:25**

Sin is pleasurable only for a short time, but it can't provide lasting joy and peace. It's like chasing after the wind. Sin will take you farther than you want to go, cost you more than you're willing to pay, and keep you longer than you want to stay. Moses, however, chose the harder path that led to eternal rewards over the temporary pleasure that would have only lasted for a short time. Share a personal example where you chose an eternal perspective over short-term pleasure.

2 Circumstantial vs. Assured

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¹¹... I have learned to be content whatever the circumstances.... ¹³I can do everything through him who gives me strength. **PHILIPPIANS 4:11,13**

Some of us think that if our circumstances were different, we'd be happier. But Solomon's vast wealth, wisdom, and accomplishments didn't change the meaninglessness of life apart from God. He found that when he got to the peak of the mountain of worldly success, nothing was there. Likewise, our
joy is not because of circumstances or possessions. It's based on who God is and is assured in Christ. How do you think Pau learned to be content whatever the circumstances?
Insecure vs. Guaranteed
¹⁹ We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, ²⁰ where Jesus, who went before us, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek. HEBREWS 6:19,20
Jesus' sacrifice is our guarantee and hope. Instead of being insecure and unsure, we can stand firm, secure, and sure in Christ. Our joy and peace come from trusting Him alone. According to Proverbs 14:26, what do we have if we fear the Lord? What is a secure fortress?