

What Makes You Happy Part 5: You're Not Enough

INTRODUCTION

We're tempted to believe that happiness comes from acquiring things. But happiness is an outcome of what we sow in our lives. Knowing that truth is like paint in a can: it makes no difference until you apply it. Doing makes the difference—especially doing for others. You won't be happy as long as you are all about you.

ICEBREAKER

Talk about a time when acting selflessly made you happier. Why do you think you felt happy?

DISCUSSION QUESTIONS

1. It's easy for us to agree that we can't find happiness through money, possessions, and status. Why is it so difficult for us to live as though that is true?
2. During the message, Andy said, "*You were designed to live with open hands.*" Is this difficult for you to believe? Why or why not?
3. Is there a way you need to serve others or a place you need to volunteer? If so, what is one step you can take this week toward serving or volunteering? How can this group support you?

MOVING FORWARD

You were made for more than you. It's not intuitive, but it's true. You can't acquire, consume, or exercise your way to happiness. But you may be able to serve and volunteer your way there. If you live as if it's all about you, you will never be happy.