



Three Traps That Keep Us Unhappy

Pastor Jeff Little | March 23-24

WARM UP

What's the happiest moment of your past week?

INTRODUCTION

Our new series through the book of Philippians deals with the subject of happiness. We often tie happiness to an event, a circumstance, or a relationship, but biblical happiness is so much deeper than that. This week we're going to discuss what true happiness is and the traps that keep us from living that way.

KEY THOUGHT

You won't be happy if you need to be perfect.

DISCUSSION

These questions are a guide. Please select the ones that will work best for your group. You do not have to go through them all.

Read Philippians 1:4-6

- Paul begins his letter by saying we are all “in process”—it's a process that God started and that He will finish. What process is Paul talking about?
- Could you identify a process God is taking you through right now? What is it?
- Happiness can't be found in perfection, yet we often look to perfect circumstances to make us happy. Why do we focus on outward things to bring us happiness?
- When is a time you let little things rob you of great moments? Tell us about it.
- Why do we often let little things rob us of our joy? How can we avoid that?

The first trap that keeps us unhappy is: focusing on our mistakes instead of our progress.

- What are some of the wrong places we often look to find happiness? Why do we search there?
- **Read Philippians 1:11.** According to this verse, where is the only source of happiness found? Why?

The second trap that keeps us unhappy is: waiting for our circumstances to improve.

- **Read Philippians 1:21.** Paul is writing these words from prison, facing execution. How do Paul's circumstances affect his perspective here?
- Have you ever met someone who walked through terrible circumstances yet navigated them well? What was it about this person that stood out to you?
- When you face difficult circumstances, what is your perspective and attitude typically like?
- Have you ever experienced godly joy when walking through a trial? Tell us about it.

The third trap that keeps us unhappy is: fixating on ourselves.

- We live in a “selfie” culture. How does this affect our level of happiness?
- **Read Philippians 1:23-25.** What was Paul focused on?
- Do you share Paul's perspective that “to die is gain”? How could that perspective help you?
- Do you believe that real joy is found in living for others? Explain.

APPLICATION

Are you walking through a difficult situation right now? What is it, and how can we pray for you?

PRAYER

- Pray for anyone who responded to the application question above.
- Take prayer requests, and pray for any needs in the group.