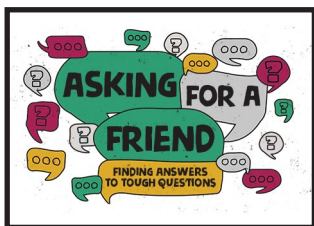


MESSAGE NOTES & SMALL GROUP GUIDES



**“WHY CAN’T I BE
HAPPY?” (PART 1)**

APRIL 19, 2020



“Why Can’t I Be Happy?” (Part 1)

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

_____ questions = concern the essence of what it means to be alive; and we tend to ask ourselves these kind of questions when the surface meaning of life is stripped away, when routines and expectations are _____, and when we confront human mortality.

The first word in Psalms = _____ (used 26 times in Psalms).

God tells us that happiness is neither inevitable or unattainable—but it is _____.

Note Psalm 1:1-6

There are _____ ways to live that God wants us to know:

1. Common _____ to Finding Happiness

- A. Remove suffering and avoid _____ (note Psalm 1:3) - if our _____ to be happy is to only have sunny, cloudless, warm days, we will fail. We need something _____ than circumstances (that we cannot control); something _____ in seasons of warm sunshine and raging blizzards (note Psalm 4:7). It’s in seasons where _____ is all you have that we discover that _____ is all you need. Our present _____ reveal what’s really inside us.
- B. Misunderstand what genuine _____ is - happiness comes to people who have their lives deeply _____ in something beyond themselves (Psalm 1:3). There’s only happiness when we’re free _____ way (note Psalm 1:4)...the time will come when we are _____. We’re forgotten, and who we were and what we did slips away into the never-ending black hole of _____ and lost memories. Without an objective standard of God’s grace and truth, our life is _____.

Is there any meaning in life that inevitable death does not destroy? ...For a time it is possible to live intoxicated with life but as soon as one is _____, it is impossible not to see that life in the face of death is a fraud, and a _____ fraud at that. (Leo Tolstoy)

Tough questions do have answers:

- ...apart from God not only is life here meaningless, but even worse, at the end we all _____ before God (note Psalm 1:5a; Hebrews 9:27; Mark 8:36).
- What _____ will you trade for your eternal destiny?
- What earthly dream, habit, purchase, salary, and relationship will you say was worth _____ for your soul for all eternity?
- There are ___ roads to take to find happiness, but only one actually takes you there: _____ way.
- I invite you to say your own personal Yes to Jesus as Lord!

Tell someone about the next step you took today in your spiritual journey! Let us know, too!

DISCUSSION GUIDE

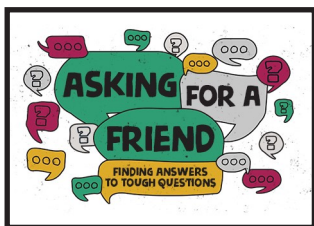
ICEBREAKER PICK ONE ITEM THAT YOU CAN REACH FROM WHERE YOU ARE SITTING. DESCRIBE IT TO THE GROUP USING 3-5 DESCRIPTIVE WORDS AND LET THEM GUESS WHAT IT IS BEFORE YOU SHOW THEM.

1. **READ PSALM 1:1-3.** IN WHAT WAYS HAVE YOU PLANTED YOUR ROOTS DEEP AND WHAT KIND OF FRUIT HAVE YOU SEEN AS A RESULT? HOW HAS THAT BROUGHT YOU HAPPINESS?
2. PASTOR TOM OUTLINED TWO COMMON DETOURS TO FINDING HAPPINESS IN THE MESSAGE NOTES. HAVE YOU FOUND YOURSELF TAKING ONE OR BOTH OF THESE? HOW HAVE THESE SHORT-TERM FIXES DETOURED YOUR LONG-TERM HAPPINESS?
3. PASTOR TOM SAID, "IT'S IN SEASONS WHERE JESUS IS ALL YOU HAVE THAT WE DISCOVER THAT JESUS IS ALL YOU NEED." HOW HAVE YOU SEEN THIS TO BE TRUE AS OUR NORMAL ROUTINES AND COMFORTS HAVE BEEN SHAKEN UP? HOW HAVE YOU BEEN CHALLENGED TO SEE THAT JESUS IS ALL YOU NEED THROUGH THIS, OR OTHER LIFE CHALLENGES?
4. **READ MARK 8:36** AS WELL AS THE TOLSTOY QUOTE FROM THE MESSAGE NOTES. WHERE HAVE YOU GONE YOUR OWN WAY IN SEARCH OF HAPPINESS? CAN YOU SEE TIMES IN YOUR LIFE WHERE, *WITHOUT AN OBJECTIVE STANDARD OF GOD'S GRACE AND TRUTH, OUR LIFE IS CHAFF?* EXPLAIN.
5. IS THERE SOMETHING THAT YOU NEED TO DO NOW TO GET BACK TO GOD'S WAY TO HAPPINESS? HOW CAN YOUR SMALL GROUP SUPPORT YOU?

DAY 1: EPHESIANS 1
DAY 2: EPHESIANS 2
DAY 3: EPHESIANS 3
DAY 4: EPHESIANS 4
DAY 5: EPHESIANS 5

**PERSONAL
GUIDE**





“Why Can’t I Be Happy—Part 1”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Existential questions = concern the essence of what it means to be alive; and we tend to ask ourselves these kind of questions when the surface meaning of life is stripped away, when routines and expectations are shattered, and when we confront human mortality.

The first word in Psalms = happy (used 26 times in Psalms).

God tells us that happiness is neither inevitable or unattainable—but it is possible.

Note Psalm 1:1-6

There are two ways to live that God wants us to know:

1. Common Detours to Finding Happiness

- a. Remove suffering and avoid pain (note Psalm 1:3) - if our strategy to be happy is to only have sunny, cloudless, warm days, we will fail. We need something deeper than circumstances (that we cannot control); something real in seasons of warm sunshine and raging blizzards (note Psalm 4:7). It's in seasons where Jesus is all you have that we discover that Jesus is all you need. Our present circumstances reveal what's really inside us.
- b. Misunderstand what genuine freedom is—happiness comes to people who have their lives deeply anchored in something beyond themselves (Psalm 1:3). There's only happiness when we're free God's way (note Psalm 1:4)...the time will come when we are no more. We're forgotten, and who we were and what we did slips away into the never-ending black hole of obscurity and lost memories. Without an objective standard of God's grace and truth, our life is chaff.

Is there any meaning in life that inevitable death does not destroy? ...For a time it is possible to live intoxicated with life but as soon as one is sober, it is impossible not to see that life in the face of death is a fraud, and a stupid fraud at that. (Leo Tolstoy)

Tough questions do have answers:

- ...apart from God not only is life here meaningless, but even worse, at the end we all stand before God (note Psalm 1:5a; Hebrews 9:27; Mark 8:36).
- What accomplishment will you trade for your eternal destiny?
- What earthly dream, habit, purchase, salary, and relationship will you say was worth exchanging for your soul for all eternity?
- There are 2 roads to take to find happiness, but only one actually takes you there: God's way.
- I invite you to say your own personal Yes to Jesus as Lord!

Tell someone about the next step you took today in your spiritual journey! Let us know, too!