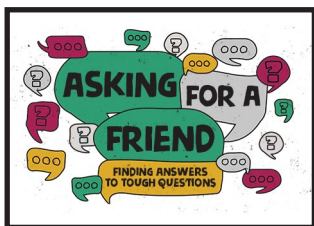


MESSAGE NOTES & SMALL GROUP GUIDES



**“WHY CAN’T I BE
HAPPY?” (PART 2)**

APRIL 26, 2020



“Why Can’t I Be Happy?” (Part 2)

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Existential questions = what we tend to ask ourselves when the _____ meaning of life is stripped away, when routines and expectations are _____, and when we confront human mortality.

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

Last week we took time to unpack:

1. Common Detours to Finding Happiness

- A. Remove suffering and avoid pain.
- B. Misunderstand what genuine freedom is.

Today our focus is on:

2. God’s _____ to Experiencing Happiness

The _____ lays out how God tells us we can experience real happiness in our lives (Psalm 1:1) = The way we think... how we behave... our _____.
God’s _____ of genuine happiness is connected to 2 important things:

- A. God’s _____ (note Psalm 1:2) - when God’s truth matters so much to us that we actually _____ out time daily to read/listen to it, we give the _____ something to work with to help us experience genuine happiness... to experience happiness happens when we know what God has told us about _____, this world, other people, and ourselves. It is God’s truth that gives true _____ and the pathway towards happiness (note John 8:32). *Think... meditate = _____ to yourself.*
Read God’s Word like a _____.

B. God's _____ (note Psalm 1:1; 1 Timothy 3:15) - messages and _____ study inspire us; and God uses people to _____ us (note Proverbs 27:17). If you want to know what you (and your kids) will be like tomorrow, look at your _____ today. Church isn't a building or an _____; it is to be our community where we develop our best and _____ relationships.



Tough questions do have answers:

Next steps (God's roadmap to happiness even in a _____):

- Read and listen to God's Word regularly (5 minutes a day): myrc.link/Bible
- Engage with God's family...
- Say 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 WOULD YOU RATHER SPEND A WEEKEND TOURING DETROIT WITH FRIENDS, OR ON A TROPICAL ISLAND WITH STRANGERS? WHY?

1. AS YOU LOOK AT PASTOR TOM'S DEFINITION OF AN EXISTENTIAL QUESTION IN THE MESSAGE NOTES, WHEN WAS THE LAST TIME YOU ASKED YOURSELF SOMETHING LIKE THAT? SHARE WHAT YOU'RE WILLING TO WITH THE GROUP.
2. HOW HAVE YOU FOUND HAPPINESS TO BE NEITHER INEVITABLE OR UNOBTAINABLE, BUT POSSIBLE IN YOUR LIFE?
3. **READ PSALM 1:1-2.** THE FIRST DOT ON GOD'S ROADMAP TO EXPERIENCING HAPPINESS IS HIS WORD. WHAT ARE SOME WAYS IN WHICH YOU DELIGHT IN IT AND MEDITATE ON IT?
4. **READ JOHN 8:32.** HOW DOES "READING GOD'S WORD LIKE A COW" LEAD TO FREEDOM AND HAPPINESS? (EXTRA POINTS FOR A TRUE COW RELATED STORY ABOUT YOURSELF.)
5. THE SECOND STOP ON THIS ROADMAP TO EXPERIENCING HAPPINESS IS GOD'S FAMILY. PEOPLE HAVE AND DO SHAPE EACH OF US. **READ 1 TIMOTHY 3:14-15.** WHO ARE THOSE WHO WILL HELP YOU STAY ON THE RIGHT ROUTE IN LIFE?
6. **READ PSALM 1:1.** HOW HAVE YOU ALLOWED PEOPLE TO DETOUR YOUR RELATIONSHIP WITH GOD IN THE PAST...OR MAYBE THE NOT SO PAST?
7. WHAT STEPS CAN YOU TAKE TO ENSURE YOUR CLOSEST RELATIONSHIPS ARE WITH THOSE WHO WILL NOT DISTRACT OR DETOUR, BUT INSTEAD ENCOURAGE US TO DO THE RIGHT THING? **READ PROVERBS 27:17.**

DAY 1: **EPHESIANS 6**

DAY 2: **PHILIPPIANS 1**

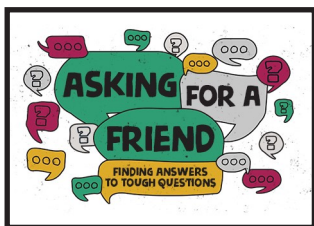
DAY 3: **PHILIPPIANS 2**

DAY 4: **PHILIPPIANS 3**

DAY 5: **PHILIPPIANS 4**

**PERSONAL
GUIDE**





“Why Can’t I Be Happy?” (Part 2)

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Existential questions = what we tend to ask ourselves when the surface meaning of life is stripped away, when routines and expectations are shattered, and when we confront human mortality.

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

Last week we took time to unpack:

1. Common Detours to Finding Happiness

- A. Remove suffering and avoid pain.
- B. Misunderstand what genuine freedom is.

Today our focus is on:

2. God’s Roadmap to Experiencing Happiness

The Psalmist lays out how God tells us we can experience real happiness in our lives (Psalm 1:1) = The way we think... how we behave... our identity. God’s source of genuine happiness is connected to 2 important things:

- A. God’s Word (note Psalm 1:2) - when God’s truth matters so much to us that we actually carve out time daily to read/listen to it, we give the Holy Spirit something to work with to help us experience genuine happiness... to experience happiness happens when we know what God has told us about Himself, this world, other people, and ourselves. It is God’s truth that gives true freedom and the pathway towards happiness (note John 8:32). *Think... meditate = mumble to yourself. Read God’s Word like a cow.*

- B. God's family (note Psalm 1:1; 1 Timothy 3:15) - messages and Bible study inspire us; and God uses people to shape us (note Proverbs 27:17). If you want to know what you (and your kids) will be like tomorrow, look at your close friends today. Church isn't a building or an event; it is to be our community where we develop our best and deepest relationships.



Tough questions do have answers:

Next steps (God's roadmap to happiness even in a pandemic):

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