

# PAUSE IT

## THE PURSUIT OF HAPPINESS

1. Why do you think the world is so consumed with being happy? How are you different than the world? How does Solomon's wisdom found in Ecclesiastes 1:14 apply to us today?
2. How do you describe the difference between happiness and joy? Make a list of what makes you happy and what makes you joyful. Is it balanced? What adjustments need to be made? How will you make them?
3. Describe a pit you've been in or are currently in. Look up Psalm 28:7. How can you apply it to your situation? How can you practically trust in and rely on Him in that hard place? Share your story and hope with a trusted friend.
4. Think about the last time you experienced "inexpressible joy". Where were you? What was happening? How close were you to God at that time? Look up John 15:3-5. We're told to be vitally connected to God. What does that mean? What does it look like in your life? What does being vitally connected to Jesus have to do with joy?
5. Who needs to hear an encouraging word? How can you bring them joy today?



### KEY VERSE:

Psalm 28:7 (AMP)

The Lord is my Strength and  
my [impenetrable] Shield;  
my heart trusts in, relies on Him,  
and I am helped; therefore my  
heart greatly rejoices, and with  
my song will I praise Him.

### GOOD NEWS:

Corrie Ten Boom

No pit is so deep that He is not  
deeper still. With Jesus, even in our  
darkest moments, the best remains.  
And the very best is yet to be.

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