

What Happy People Know

WEEK 1:

WHAT HAPPY PEOPLE KNOW

LEAN IN

What is the best celebration or party you have ever been to?

LOOK DOWN

"The decision to set the mind on the higher things of life is an act of the will. That is why celebration is a discipline. It's not something that falls on our heads. It's the result of a consciously chosen way of thinking and living."

- Richard Foster

According to the above quote, what makes celebration and act of discipline?

Read Philippians 4:4 in the Message paraphrase.
According to the scripture here, list the actions that constitute a spiritual practice of discipline.

LOOK OUT

Who is the hardest worker you know, the person that has overcome the most?

Who is someone you know that celebrates the best?

Who is the most joyful person you know?

LOOK IN

What action(s) listed in Philippians 4:4 do you need to begin to cultivate a life of joy?

What action(s) do you need to eliminate to make room for those?

Re-read Psalm 118:24 as a group.
What can you celebrate today?