



## ***WK.3 - GROUP DISCUSSION***

### ***HAPPINESS CAN BE BOUGHT***

*Message by Shawn Johnson*

### ***START***

To get things started, go around the circle and answer this question:

**In your opinion, what are the three places you want to visit and why?**

### ***SHARE***

Welcome to our ongoing series entitled, “Happy.” This week we are going to talk about buying happiness.

According to Gallup polls the average person tends to believe that if they made just a little more money that they would be considered rich or happy. The reality is that if you make \$35k or more a year, you are in the top 1% of global earners. No matter how much we have, we never think we are rich. “Rich” is a moving target and our human nature is to always want more. You might already be rich and just don’t know it. It is true that being rich doesn’t mean that one would be happy.

**Read 1 Timothy 6:9-10**

**Is there anything that catches your attention in this passage?**

It is interesting to note that Jesus, being God, knew everything about what was going to happen that night and ultimately, who would betray him and hand him over. Yet, he still humbles himself before his disciples and washes their feet.

**How do you think the trap works?**

**According to scripture, money is not the root of all kinds of evil, but the “love of money” is. Do you think this is true?**

**Why do you think it is hard to live generously and open-handed with money?**

### ***GROW***

How much money you have doesn't make you happy, but how you spend your money is the best indicator of your happiness. The University of British Columbia did a study on happiness and asked people how happy they were. Each person was given \$20 and asked to spend half on themselves and half on someone else. Most bought coffee, makeup and usual things for themselves. The other half they spent on others and bought stuffed animals for a niece, gave to the homeless. They were then asked on a scale of 1-10 how happy they felt after each event. Almost every person said they did not feel happier after they spent money on themselves, but each who spent money on others indicated they felt happier every time.

#### **Read Proverbs 11:25 and Acts 20:35**

The Matthew Henry Commentary adds insight to the idea of happiness through giving:

Clear gain is with them the most blessed thing that can be; but Christ tells us, It is more blessed (more excellent in itself, an evidence of a more excellent disposition of mind, and the way to a better blessedness at last) to give than to receive. It makes us more like to God, who gives to all, and receives from none; and to the Lord Jesus, who went about doing good.

**Have you ever been impacted by receiving a gift or financial help in a time of need? If so, why was it so impactful?**

**If you have given to someone in need or gave time or resources to help someone else, did you feel refreshed after helping them?**

**Do you see God as a giver? Why or why not?**

## ***MOVE***

#### **2 Corinthians 9:6**

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

The word of God tells us to “sow generously” in life. If we seek God and prayerfully ask, God will be faithful to reveal to each of us where we need to begin to sow generously. For some, it is time and we need to begin to use our time more wisely and invest in others instead of watching another TV series. For others, maybe we need to use our abilities not just to benefit ourselves, but others around us. Still others need to begin to sow financially by stewarding money better and giving what God gave freely and give back.

He's basically saying, “Listen, if you call yourselves my followers, you will serve. And if you humble yourselves just as I demonstrated for you, this service won't feel like work. It will actually be something enjoyable, it will bless you, **and it will make you happy!**”

**Where do you feel God is asking you to give back?** (*Time, Abilities, Resources*)

**What do you need to do this week to start that process?**

## ***PRAY***

As a group, spend some time praying for each other and the struggles that we all face. If you are in a co-ed group, consider breaking up into men and women's groups to talk more freely.

## ***TO GO***

### **Proverbs 11:25**

Those who refresh others will themselves be refreshed.

A great book on reorganizing your life around God's principles of money, time and purpose management is "Financial Peace" by Dave Ramsey. Red Rocks Church offers a great course called "Financial Peace University" through Red Rocks University. To check availability, please visit our website [www.redrockschurch.com](http://www.redrockschurch.com).