



WK.4 - GROUP DISCUSSION

TWINS

Message by Chad Bruegman

START

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

What is one thing that made you smile this week?

SHARE

Welcome to our ongoing series entitled, "Happy." This week we are going to talk about the Twin Killers of Happiness.

As Chad talked about, Arrogance and Insecurity can rob of us of Happiness. Both are rooted in pre-occupation with self. Pre-Occupation with ourselves can lead us to idolatry.

What do you idolize?

Read Isaiah 42:8 & Exodus 20:5

We know that God does not like to share His glory. Why do you think that is?

Why did God say not to bow down to idols?

God is the God of all gods. There is no other God. If we give something or someone place over Him, then we rob ourselves of the best that God wants to give us. He himself is our greatest reward. Yet, He also desires to give us good things. Putting Him first takes away all obstacles so that He can give us life to the full.

GROW

Chad talked about how idolatry is not an Old Testament or New Testament issue. He described it as a heart issue.

Very often, the things that we idolize are not BAD things. They are good things that can actually enhance our lives. However, we can make them bad by making them more important than God.

Chad told us to take the "3 book test".

1. Look at your "Blackbook". Read I Corinthians 15:33. Who do you do life with? Are they pushing you more toward God or away from Him? Do they encourage you to grow in Christ?
2. Look at your "Checkbook". Last week we talked about giving. "Where our treasure is, there our heart is also." (Matthew 6:21)
3. Look at your "Datebook". Read Ecclesiastes 3:3-8 and Psalm 90:12. How do you spend your time?

The Matthew Henry Commentary expounds on the concept of learning to number our days.

"It is an excellent art rightly to number our days, so as not to be out in our calculation, as he was who counted upon many years to come when, that night, his soul was required of him. We must live under a constant apprehension of the shortness and uncertainty of life and the near approach of death and eternity. We must so number our days as to compare our work with them, and mind it accordingly with a double diligence, as those that have no time to trifle....2. We then number our days to good purpose when thereby our hearts are inclined and engaged to true wisdom, that is, to the practice of serious godliness. To be religious is to be wise; this is a thing to which it is necessary that we apply our hearts, and the matter requires and deserves a close application, to which frequent thoughts of the uncertainty of our continuance here, and the certainty of our removal hence, will very much contribute."

Essentially, he is saying that we need to remember that our days on earth are few and we need to make the most of them, for God's glory. In addition, he encourages us to spend time in God's word and develop our spiritual life. This is NEVER wasted time. To know God is the reason we are alive. We can find answers to every problem we face in life as we get to know more and more of God through reading His word.

MOVE

Romans 12:2

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

This verse is challenging, but sometimes it can be confusing to know HOW to act different than what the world says is right.

How do we begin to change the way we think?

Read : Psalm 119:105 & 133; 2 Timothy 2:15

God's word tells us that it is a Lamp for our feet. Like using a flashlight on a camping trip, we can see where we are going by reading His word to us. Paul told Timothy that learning to understand God's word correctly leads us to deeper relationship with Him, better decision-making, wisdom, peace, and all kinds of other benefits in Life. When we know God's word and live according to what it says, our life changes for the better!

What can we learn from the Berean Jews? Read: Acts 17:11

Proverbs 4 tells us to get Wisdom. The best source of wisdom is the Bible.

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

Psalm 25:5

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

A great way to start reading the Bible more is to read one Proverb each day and one chapter in the Book of John. You can also Google topical studies online if you want to know about a particular subject. The following websites: www.biblegateway.com and www.biblehub.com, have a lot of resources that are good for navigating topics in the Bible that relate to our lives.