



Happiness Is the Truth?

The Exchange 15 November 2014

1. What was interesting in today's Exchange service? What was confusing?
2. What makes you happy?
3. What is 'true happiness'? Is it an emotion that we feel or something else?
4. What is "fake happiness"? What makes fake happiness fake?
5. Why does our society find it so hard to deal with unhappiness? How do people typically deal with their unhappiness?
6. We hear about wearing masks in social settings or hiding our true feelings. Why do you think people tend to hide negative emotions?
7. Is there a good way to express negative emotions? Can you share an example?
8. In Phil 4:13 Paul writes the famous lines, 'I can do all things through Christ who strengthens me.' In context this verse is saying that Paul has found the ability to handle any situation he is placed in and be content. Is contentment the secret to true happiness?
9. Do you think there is a different happiness quality when living in abundance versus living in want/poverty? Is one more virtuous than the other?
10. How can dwelling on our deficiencies lead to true fulfillment?
11. Do you think that Christians ought to be happy all the time?
12. Is there a difference between being "blessed" and being "happy"? Why do you think most translators use "blessed" instead of "happy" for the Beatitudes?
13. What would a modern-day version of the Beatitudes sound like? What would your personal Beatitudes sound like?
14. Which line in the Beatitudes resonates most with you? Which promise do you most want to claim today?
15. What personal application are you leaving with from today's Exchange?