

Youth Group Lesson

Topic:

HAPPINESS

Prepared By:

ROSE



House of Intercessory Prayer Ministries

261 Bedford Hwy. Halifax, NS B3M 2K5 Canada.

Phone: (902)482-7393 | www.hipm.org

Topic:

HAPPINESS

Description & Scope:**BROAD DEFINITIONS:**

Mental and emotional state of positive and pleasant well being.

The experience of joy, contentment, positive well being combined with a sense that one's life is good, meaningful and worthwhile (Sonja Lyudmirsky).

Aristotle stated that happiness is the only thing that humans desire for their own sake.

Men sought riches, honour, health not only for their own sake but also in order to be happy.

What are the real life challenges?

There really aren't a lot of challenges when you are happy - but here are some things to think about.

- How do you stay happy in times of trouble?
- When there is a death of a close family or friend?
- When surroundings around you are not very pleasant?
- When you are insulted, bullied or manipulated?
- When a person around you is always depressed or angry?

Other Sources of Information (Articles, Videos, sermons, etc.)

<https://www.youtube.com/watch?v=Tz3LoRWr1yA>

<https://www.gotquestions.org/joy-Christian.html>

What does Bible say?

James 5:13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise

Philippians 4:4-7 Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving,

present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Psalm 100:1-2 Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs.

1 Thessalonians 5:16-18 ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Psalm 144:15 Happy are the people whose God is the Lord.

We can conclude that happiness and being happy are in praising God, being thankful to him always, worshipping with gladness and serving him joyfully.

Group Discussion:

- What makes you happy? Ask each one individually
- What made you happy when you were younger?
- What makes you happy as you got older?
- Are you happy at home?
- Are you happy at school?
- Are you happy when alone?
- Are you happy when you are with friends?

Action & Follow-up:

- Identify what really makes you happy
- Stay away from situations and anything that will take away your happiness
- Guard your heart and mind

Prayer:

Seek God's protection daily and ask he remove any barriers that are keeping you from being happy. Pray for others that you know are unhappy for things in their life to change for them and that they may get the help they need.