



A few things we've mentioned in this series...

- We chase the carrot because of an internal void.
- Spiritual needs can't be satisfied by temporary things.
- Only God can satisfy our internal void.

9 For he satisfies the thirsty soul and fills the hungry soul with good.
Psalm 107:9 (TLB)

1 I decided to enjoy myself and find out what happiness is... Ecclesiastes 2:1a (TEV)
...But I found that this is useless, too. Ecclesiastes 2:1b (TEV)

The popular idea of happiness is this:

Having the right circumstances.

**We strive for happiness, while
internally we're longing for joy.**

How our pursuit of happiness affects our beliefs:

- Whatever makes me happy must be right. Whatever makes me unhappy must be wrong.
- Discomfort, delays, inconveniences, and obstacles can't be God's will.
- Without knowing it, we begin to value comfort, pleasure and things.

**God's priority is not our happiness,
but our relationship with Him.**

The Difference between Joy and Happiness:

- Happiness is based on circumstances.
Joy is based on Christ.

15 ...Joyful indeed are those whose God is the LORD. Psalm 144:15 (NLT)

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Gal 5:22-23 (NLT)

Joy is:

Joy is an optimistic perspective that happens when we're surrendered to God.

10 Our hearts ache, but we always have joy... 2 Corinthians 6:10 (NLT)

How we choose Joy:

- Pray about everything.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7 (ESV)

- Think about the right things.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy-- think about such things. Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you. Philippians 4:8-9 (NIV)

- Rely on Christ in the difficult things.

11 Not that I was ever in need, for I have learned how to be content with whatever I have.

12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

13 For I can do everything through Christ, who gives me strength.
Philippians 4:11-13 (NLT)

When we don't trust God:

- We look somewhere else for something else.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18 (NIV)

Have Questions? Text them to: (559)464-5754

Here are some questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- Why do you think happiness is such an alluring carrot we chase?
- What are some examples of how we chase happiness?
- Do you believe that it is God's priority for us to be happy? What scripture do you have to support that?
- In your own words, what is the difference between happiness and joy?
- Under the subheading: "How we choose joy", discuss some ways we can genuinely apply these point to our daily lives.
- Read 2 Corinthians 1:8-11. Paul was rescued/delivered from trouble. Christ has rescued all of us in some way. What you have learned through that experience?
- What is one thing, from the talk, you can apply to your life this week?

Connection Group Leaders: Remind your group of the following announcements:
Cleaning Day: May 20th

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