

1. What are some of the things that can "steal" our happiness or joy? Under what circumstances do you find it particularly difficult to be happy?

2. Read Philippians 4:4-9. What lessons can we learn from these verses about how we can be happier?

3. Read Philippians 4:4 again. What do you think it means to "rejoice in the Lord?" What is the difference between rejoicing "in the Lord" and rejoicing "in our circumstances?"

4. Read Philippians 4:6-7. How have you experienced these verses in your own life? Why is thanksgiving so important when we pray? What has helped you to really give something over to God?

5. Read Philippians 4:8. What are some of the negative things people think about? Do you think the things we think about have an impact on our happiness? Explain your answer.

6. What might be some positive things we can think about? What can help us focus more on positive rather than negative things?

7. Read Philippians 4:9. Do you think there is a correlation between the things we do and our level of happiness? Explain your answer. How might we apply verse 9 to our lives?

8. What is one thing you can take away from our study tonight?