

Study QUESTIONS

Ep. 1307: Is There a Christian Secret To a Happy Life?

<https://christianquestions.com/character/1307-happy/>

See:  CQ Rewind
SHOW NOTES

1. Review the meanings of the words used for happiness in both the Old and New Testament. Sum up what it means to be truly *happy* or *blessed* in the Old Testament. What is the basis for happiness in the New Testament?
2. **Christian Happiness is: knowing our purpose. Romans 8:12-13**
 - a) How important is it to “live by the spirit and not by the flesh”? **Proverbs 112:1**
 - b) How does **Matthew 4:4&6** show how we can find true happiness even in difficult situations?
3. **Christian Happiness is: being included in God’s family as His sons. Romans 8:14-15**
 - a) How important is this individual connection of being considered a son of God? **Psalms 65:4**
 - b) How important is the group connection of being part of the body of Christ? **1 Corinthians 12:14-18**
 - c) How are you happily contributing to this remarkable brotherhood God gave you?
4. **Christian Happiness is: being a fellow heir along with Jesus himself. Romans 8:16-17**
 - a) How are you able to dwell on this promise when engulfed in the difficulties of life? **Proverbs 29:18**
 - b) How does **John 14:1-3** show Jesus’ grasp of this relationship?
 - c) How do you happily embrace this heavenly family bond Jesus promised?
5. **Christian Happiness is: being content in our trials and testing. Romans 8:18**
 - a) How do we keep a proper attitude through suffering?
 - b) Can you accept that you are forgiven? **Psalms 32:1-2**
 - c) How does contentment protect us from temptation? **1 Timothy 6:6-9**
6. **Christian Happiness is: knowing our sacrifice NOW contributes to the benefit of ALL. Romans 8:19-22**
 - a) Why is our growth and development necessary now? What is it preparing us for? **Psalms 94:12-14**
 - b) How was Paul an example of conquering all things? What was his secret? **Philippians 4:10-13**
 - c) How often do you check on the balance of contentment and a happy state of mind in your life?
7. **Christian Happiness is: being able to look forward with great anticipation! Romans 8:23**
 - a) How do we know the Lord wants us to be happy? **Isaiah 30:18**
 - b) How much time do you spend dwelling on trials versus looking forward to God’s blessings? **1 John 3:2-3**
8. **Christian Happiness is: knowing God’s hands, heart and will are driving MY experiences. Romans 8:28,35-37**
 - a) How is surgery an apt comparison to the necessity of trial? Can you think of other examples? **Job 5:17-18**
 - b) Do you deflate your anxieties daily, or do you expand them? How can you handle them? **Matthew 6:31-33**
 - c) Are you able to trust putting yourself into the care of God? How can you improve? **Matthew 10:29-31**
9. **Christian Happiness is: the conviction that our active faith brings God’s protection to us on every level.**
 - a) How do you make sure to have such trust and conviction that God is working in you that you can stand firm and not allow anything to separate His love and purpose from your life? **Romans 8:38-39, Psalm 40:4**
 - b) What was the example Jesus gave that showed us how to be blessed and happy? **John 13:12-17**
 - c) God *expects* us to attain Christian happiness – what do you expect of yourself?