

What does the Bible say about Happiness

Youth Session



Video: 0-100 What makes you happy?

Responses from people aged from 0 to 100 about what makes them happy. You can get the young people to watch this and choose their favourite response or get them to share what makes them happy after watching. Available on YouTube here:

<https://www.youtube.com/watch?v=sj8xZtxXLc8>

Discussion Questions

1. What makes you most happy in life? Imagine your happy place!
2. Does God promise happiness?

Read John 16v33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

And Romans 8v28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

3. What is true happiness?
4. What is the difference between joy and happiness?

Read James 1v2-4 "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

5. How should we balance those things which we seek happiness in compared to following Jesus?