



Plant • Grow • Harvest | Home Group Guide

“The Happy in Adversity” | The Happiness Habit Week 1, Philippians 1:1-21 – Mark Sorensen

Gather

- Take a few minutes to welcome everyone and catch up with one another.
- Ask everyone to gauge their happiness from this past week on a scale of 1-5 (1 being miserable and 5 being on top of the world).

Plant

- We’re beginning a series called The Happiness Habit, where we’re learning Paul’s keys to happiness in the midst of today’s trials and tomorrow’s uncertainty. For Paul, this looked like imprisonment. What do trials and uncertainty look like for you during this season?
- Read **Philippians 1:12-14** Paul has been *unjustly* imprisoned and is unsure about if he’ll see his loved ones again. And yet, he is able to see joy in the adversity of his circumstances. Have you ever looked back on a situation that seemed difficult or unsettling in the moment, but later brought you great joy? Describe it.

Grow

- Sorensen defined joy as **internal stability in spite of external circumstances**. It’s living your life in the JOY of the Lord and NOT in reaction to your circumstances. How has joy been defined throughout your life? How do you think God gave Paul that internal stability?
- Read **Isaiah 26:3 and Matt. 6:33** When Jesus is the center of our lives, He changes our attitudes, delivers us from the opinions of others, and calms our fears. How can we carry the joy of God into the challenges of our daily lives?

Harvest

- Read **Philippians 1:21** What do you think these words meant to Paul? What do they mean to you?
- Make sure that the group knows about the #happinesshabit challenges. Ask everyone how they’re going to bring the joy of the Lord into an unpleasant task this week.

Prayers

- Share prayer requests and follow up on some of the requests from previous weeks.