

Coffee Talk Sheet

Coffee Talk #01 Happiness

TAKE 3:

What's your favorite meme of all time?

What about viral videos? It's safe to say that **Charlie Bit My Finger** started the trend. What does it take to make a video go viral? Why do whimsical viral videos like Charlie Bit My Finger and Sneezing Panda seem to resonate with our people?

THE SETUP:

What makes you happy?

What do you think are the keys to happiness?

How does happiness shape your outlook on life?

6 MINUTES WITH...

What is the connection between happiness and acceptance?

What about fulfillment? How does it relate to happiness? What things in your life bring you fulfillment?

What are some things in life that might bring about a false sense of happiness?

Sometimes we inadvertently place unnecessary burdens on the shoulders of others we love, which may affect their happiness. How so? What could we do to rectify situations that dampen someone's happiness?

Where does identity come in to play with an individual's happiness? How does our identity shift over time?

Look up **James 1:19**. How can a listening ear bring about happiness in others?

In the video, you heard a few practical steps to happiness. What other practical steps have you taken to find happiness in the midst of the pandemic?

"There is only one happiness in life, to love and be loved."

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LET'S TALK ABOUT FAITH

Read Proverbs 29:18. What does Proverbs 29:18 say brings happiness?

In scripture, the words “blessed” often correlates to the word “happiness.” In the Old Testament, to be blessed meant living according to God’s plan or God’s law.

What is God’s law? (Read **Deuteronomy 6:4-9** for help).

In Matthew 5, Jesus talks about ‘the beatitudes.’ Beatitude is an orthodox word which means “blessing.”

Review **Matthew 5:3-12.** How does Jesus flip the expectations of happiness (blessedness?)

Do you see a connection between the beatitudes proclaimed in the New Testament and God’s law, professed in the Old Testament?

Lastly, what would it look like to live according to God’s law and blessing in 2021 and beyond?

ZOOM TALK

On a scale of 1 to 10, how happy are teenagers? How happy are teenagers adults?

What is the connection between happiness and kindness?

For extra study, read Philippians 2:3-4 & Ecclesiastes 4:9-12

How do those verses challenge us to share kindness with others?

TWO CHALLENGES

Reach out to someone. Text, message, call, meet. Do what you can, safely. Ask them how they are doing, but mean it. Offer a word of encouragement and brighten their day.

Start a Gratitude Journal (or utilize the Notes app on your smart phone). List ‘1 Good Thing’ each day to help you become more aware of the goodness in your life and the lives of others.