

## Small Group Guide: “How to Develop Daily Habits for Happiness, Part 1”

**Opening Question:** If you could have any fictional character as a close friend, who would it be and why?

**Opening Prayer:** *Dear Heavenly Father, thank You for bringing us together today. We are grateful for this opportunity to learn more about Your Word and grow closer to You. As we discuss this week's sermon, help us to open our hearts to Your teachings and apply them to our lives. In Jesus' name, we pray. Amen.*

### Key Takeaways:

1. **Joy isn't about our circumstances, but our connection with Christ.**
2. **Christianity is about relationship with Jesus, not religion.**
3. **God's grace is based on His character, not our performance.**
4. **We need to focus on what matters most in light of eternity.**
5. **Getting to know Jesus better is key to lasting joy.**

### Discussion Questions:

1. **Read Philippians 3:7-8.** Paul says he considers everything a loss compared to knowing Christ. What are some things in your life that compete for priority over your relationship with Jesus?
2. How does the idea of “relaxing in God's grace” challenge or encourage you? How do you currently practice relaxing in God's grace?
3. The sermon highlighted the “trap of popular culture.” In what ways do you feel pressure from culture to prioritize things that don't ultimately matter?
4. **Read Philippians 3:6-9.** How does Paul's background as a Pharisee inform his insights on grace and legalism?
5. Pastor Eric mentioned the “trap of legalism.” How have you experienced or observed legalism in your own life?
6. Discuss the concept of “*ginosko*” - knowing Jesus intimately rather than just knowing about Him. How does your relationship with Jesus shape your experience of joy? How can you make this relationship a more consistent priority?
7. How might the “trap of busyness” be affecting your relationship with God? What practical steps can you take to create more space for knowing Jesus better?
8. Pastor Eric mentioned the importance of remembering what matters most each day. How can we practically remind ourselves of our eternal priorities amidst daily life?

### Practical Applications:

1. **Daily Grace Time:** Begin each day by acknowledging God's grace and expressing gratitude for His unconditional love.
2. **Evaluate Priorities:** At the start or end of each day, take five minutes to reflect on what really mattered that day in light of eternity.
3. **Set a Daily Meeting with Jesus:** Schedule 10-15 minutes every day for reading the Bible and prayer.

4. Declutter Spiritually: Identify one “joy stealer” in your life, whether it’s busyness, legalism, cultural distractions, etc., and take steps to minimize its impact.
5. Growth Pathway Exploration: If you’re looking for resources on how to develop spiritual maturity, consider joining the church’s Growth Pathway program to deepen your relationship with Christ.

**Closing Prayer:** *Dear Lord, thank You for this time together and the insights we have gained from Your Word. Guide us as we strive to incorporate these habits into our lives, finding joy and peace through our relationship with You. Help us to focus on what truly matters and walk in Your grace daily. In Jesus’ name, Amen.*