

Small Group Guide: “How to Develop Daily Habits for Happiness, Part 2”

Opening Question: What's one small daily habit (silly or serious) that consistently brings a smile to your face?

Opening Prayer: *Dear Heavenly Father, thank You for bringing us together today. As we dive into this study, help us to open our hearts and minds to Your teachings. May we learn to develop habits that draw us closer to You and fill our lives with lasting joy. In Jesus' name, we pray. Amen.*

Key Takeaways:

1. **Joy doesn't depend on our circumstances; it stems from our relationship with Jesus.**
2. **Five daily habits that lead to lasting joy: 1. Relax in God's grace, 2. Remember what matters most, 3. Get to know Jesus better, 4. Review where you need to grow, 5. Forget what can't be changed and focus on the future.**
3. **Letting go of regret, unforgiveness, and rigid tradition allows us to move forward in spiritual growth.**
4. **Humility and teachability are keys to ongoing spiritual development.**

Discussion Questions:

1. The pastor mentioned that “real joy doesn't come from performance or behavior.” How does this idea challenge or affirm your current understanding of joy?
2. **Read Philippians 3:12-14.** What does this passage teach us about spiritual growth and striving for Christlikeness? How does Paul's attitude toward his spiritual journey challenge or inspire you?
3. Pastor Eric mentioned the importance of a daily spiritual check-up. What might this look like in your life, and how could it help you grow spiritually?
4. Discuss how this formula from Craig Groeschel applies to committing to a *daily* 10-15 minute “quiet time” with God:

(Consistency + Faithfulness) Time = Lasting Impact

[(Consistency plus Faithfulness) multiplied by Time equals Lasting Impact]

5. **Read 2 Corinthians 13:5.** In this verse, Paul encourages self-examination. Why is regular self-reflection crucial in our faith journey? How can it lead to joy?
6. Pastor Eric mentioned three traps that keep us stuck in the past: regret, unforgiveness, and tradition. Which of these do you struggle with the most, and why?
7. How do regret and unforgiveness keep us chained to the past? Discuss ways you can release these burdens to embrace future growth.
8. What are some traditions in your personal or spiritual life that might be hindering your spiritual progress? How can you embrace change?

Practical Applications:

1. 30-Day Challenge: Commit to spending 15 minutes daily with God, incorporating the five habits discussed in these sermons (parts 1 & 2). Keep a journal to track your experiences and growth.
2. Accountability Partners: Pair up with someone in the group to check in weekly on how you're implementing these habits and to encourage each other.
3. Spiritual EKG: Take time this week to pray Psalm 139:23-24, asking God to reveal areas in your life that need growth or change.
4. Forgiveness Exercise: If you're struggling with unforgiveness, write a letter (that you don't have to send) expressing your feelings, and then symbolically release it to God.
5. Tradition Evaluation: Reflect on any traditions or habits in your spiritual life that might be holding you back. Consider how you can update or refresh your approach to following Jesus.

Closing Prayer: *Dear Lord, thank You for the joy that comes from knowing You. Help us to implement these daily habits of happiness in our lives. Give us the strength to let go of what's behind and to "press on" toward the goal of becoming more like Christ. May we experience the lasting joy that comes from walking closely with You. In Jesus' name, Amen.*