

Deep Happiness – Week 2 – Pastor Guy 5-1-22

1. How has your happiness level been this past week?
2. How would you rate your dependence on God this past week?
3. How do you think God's perspective on happiness differ from the worlds?

Matthew 5:2-12 - Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them. He said: ³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ Blessed are those who mourn, for they will be comforted.

⁵ Blessed are the meek, for they will inherit the earth. ⁶ Blessed are those who hunger and thirst for righteousness, for they will be filled. ⁷ Blessed are the merciful, for they will be shown mercy. ⁸ Blessed are the pure in heart, for they will see God. ⁹ Blessed are the peacemakers, for they will be called children of God.

¹⁰ Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

¹¹ "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Remember a good definition of 'Blessed' is Deep Happiness.

4. Last week we talked about how being poor in spirit or dependent on God brings happiness. How does mourning over our sin flow from our dependence on God?
5. Can we truly mourn our sin if we are not first 'poor in spirit' or dependent on God?
6. Why do you think that Jesus says, 'blessed' or deeply happy are those who mourn? (How does mourning bring us deep happiness?)

2 Sources of Deep Sorrow are My Sin & the Impact of Sin in the World (injustice, poverty, loneliness, violence, etc)

Isaiah 59:2 - It's your sins that have cut you off from God. Because of your sins, he has turned away and will not listen anymore.

7. In what ways do you think our sins cut us off from God?
8. Do your sins bring you sorrow?

1 John 1:9 - But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

9. What does it mean to confess our sins?
10. What do you think God says about your sins?

Confess in the Greek is *homo logia* – which literally means "**same word**". In other words, to confess means to agree with God or have the 'same words' about our sin as God does.

11. How do you practice confessing your sins and turning away from them?

Psalms 32:1 - Blessed is the one whose transgressions are forgiven, whose sins are covered.

12. What breaks your heart in this world?
13. How might God use you to do something about that which breaks your heart and His?