**Small Group Discussion Questions**

Chapter 9 – Finding Happiness

**February 2, 2020**

**Scripture(s):** Job 1:1-21

In general, do you think most people are happy? What do you think most people believe makes them happy?

Do you think being “blameless” like Job has anything to do with happiness?

When our happiness is lacking, Job’s example leads us to these three observations:

1. Look to God.
2. Look Inside.
3. Look Beyond.

Which of these needs to be your top priority right now? Why?

If you (or your group) have not watched this week’s Core 52 Essay Video, do so now. As a follow-up to the video, what was your high and low in happiness last week: oxytocin (relationship), dopamine (discovery), serotonin (significance)?

If you were to share this information with a friend, what point do you think would make the most impact?

What choice could you make in the next three days that would increase your happiness index?

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