



Illogically Happy || Episode 33
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Main Points

Everybody is on a quest for happiness.

Happiness doesn't come from trying to make ourselves happy.

Jesus offers an unending reservoir of happiness.

A happy life is not about me.

Following Jesus isn't just believing... it's doing.

The true test of what we believe is what we do.

Happiness comes from a faith that results in loving others.

If faith doesn't compel us to act out of unconditional love toward others, it is not faith.

Ask yourself two questions...

1. Self-Reflection: Is what I believe transforming how I love?
2. Real Life Action: What does love look like?

Challenge: Read the section all of this is from: James 1:19-2:26

Our level of happiness is the direct result of how much of our life we give away.

Discussion Questions

1. Talk about a time when acting selflessly made you happier. Why do you think you felt happy?
2. As a group, read Matthew 7:15-27. How do you think this relates to what we know God wants us to do and how we actually act?
3. Everyone has a "knowing/doing" gap. What would you say yours is and how can your group pray for you this week to close this gap?

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Other Resources

- Related Passage: [Matthew 25:31-46](#)
- Challenge: [James 1:19-2:26](#)
- [A Big Happiness Mistake](#)

Music we listened to making this episode:

[Weezer: Freak Me Out](#)
[Jonas Brothers: What a Man Gotta Do](#)
[Josh Baldwin: Stand In Your Love](#)

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