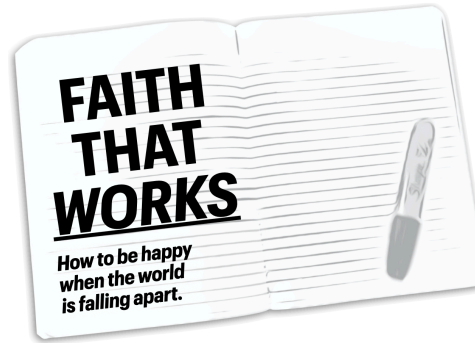




Reliable Happiness || Episode 35  
November 15, 2020



[yourcrosscreek.com](http://yourcrosscreek.com)

## Main Points

- Worry is a consistent thief of our happiness.
- Our level of self-reliance determines our level of happiness.
- When we rely on ourselves we are relying on someone who will most likely let us down.
- Self-reliance only adds disappointment and exhaustion to our fear.
- We know more money won't make us happy, but we still want a chance to try.
- It is impossible to be both greedy and happy.
- When we rely on possessions we usually devalue persons.
- An eternal perspective let's us enjoy every moment.
- Why worry when we can wait?
- Complaining is proof that we aren't relying on God for our happiness.
- Our reliance shapes our perspective and our perspective shapes our reality.
- Play a new version of What If...
- What if God hears me, sees me, knows me, and loves me?*
  - What if God has my best interest in mind?*
  - What if I can rely on Jesus?*
- Challenge: Read [Matthew 6:19-34](#) a few times over the week..
- When you choose to rely on God you choose a reliable happiness.

## Discussion Questions

1. Think of a music/movie/book reference that exemplifies your current state of self-reliance.
2. Read [Matthew 6:19-34](#). What stands out to you? Pick a theme from this passage (self-reliance, focus, worry) and relate it to your current situation.
3. In what areas does it seem to be a challenge to rely on God right now? What barriers do you see with that and how can your group pray for you?

## "Show Notes" Resources with Links:

[Let us know you're here!](#)  
[Join a Connect Group](#)  
[Read Transcript](#) || [Ask a Question](#)

### #forSalem November Challenge:

[United Way Pajama Drive](#)

### Other Resources

- Related Passage: [Luke 12:13-21](#)

**Tired of screen? See the podcast links:** [Listen on your favorite player](#)

### Music we listened to making this episode:

DC Talk- [I Luv Rap Music](#)  
Bruno Mars- [Count on Me](#)  
Tedashii- [Home](#)

**Donate** to Crosscreek & keep a good thing goin'

## #forSalem NOVEMBER: SHOP FOR A CAUSE

  
You shop. Amazon gives.

United Way Pajama Drive

[yourcrosscreek.com/pj](http://yourcrosscreek.com/pj)