

DISCUSSION GUIDE

ENJOYING LIFE TO THE FULLEST
Stand-Alone Sermon

ICEBREAKER: What are your favorite summer and winter sports?

OVERVIEW: The quest for happiness is as old as mankind. Everyone is searching for happiness, even those who don't know it, and those who deny it. Unfortunately, most people seek happiness in the wrong things. But the search for happiness does not have to be so mysterious. The Bible makes it very clear how to enjoy life to the fullest. All we have to do is study it and apply it to our lives.

1. **Read 1 Peter 3:10-12.** What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. What is happiness? When are you the happiest?
3. Is it wrong to pursue happiness?
4. 1 Peter 3:10-12 contains not only the promise of happiness, but the promise of long life. What is the connection between godliness and long life?

5. The first key to happiness is to keep your tongue from evil (v. 10). How can your tongue ruin your life? How do you need to better guard your tongue?
6. The second key to enjoying life is to turn from evil (v.11). How does sin interfere with happiness? How have you experienced this in your own life?
7. The third key to enjoying life is to do good — to live according to God's will (v. 11). How does devotion to God's will lead to happiness?
8. The fourth key to happiness is to seek peace and pursue it. What are the different kinds of peace, and how can you seek peace and pursue it?
9. On a scale of 1-10, how happy are you in this season of life? Explain. How big of an impact would this passage have on your happiness if you applied it to your life?

The Last Word: "Happiness is the mark and center which every man aims at. The next thing that is sought after being, is being happy." Thomas Watson