

What's Holding You Back? 9th Grade/Session 2

THE QUEST FOR HAPPINESS

PLEASURE



HAPPINESS

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THINK & WRITE:

WHAT IS SOMETHING YOU DESIRED THAT YOU THOUGHT WOULD MAKE YOU HAPPY BUT, IN FACT, LEFT YOU FEELING UNHAPPY, MISERABLE, USED, DECEIVED OR WORSE?

Do the next right thing---ONCE today---10 times a day---100 times a day---EVERY DAY!

SMALL GROUP DISCUSSION QUESTIONS

- How is stinking thinking holding you back from becoming the person God created you to be?
- Individualism, hedonism, minimalism, relativism: which of these are the biggest temptations for you at this time in your life?
- Describe a time when you embraced one of these broken philosophies. What was the outcome? How did you feel afterward? Did you become a better-version-of-yourself?

Faith

Fear

Life takes COURAGE

In what area of your life could you show more faith over fear? Where do you need courage?



SMALL GROUP DISCUSSION QUESTIONS

What does the rattlesnake in the story of the Native American boy represent for you?

- Who or what is holding you back from being the Best-Version-of-Yourself?
- What is it that sooner or later is going to turn on you and strike you down?
- How would your life be better if you could walk away?

★★★ Challenge ★★★

Identify one thing in your life that hasn't outwardly harmed you, but has the potential to do damage.

Commit to fasting from it for at least 3 days!

