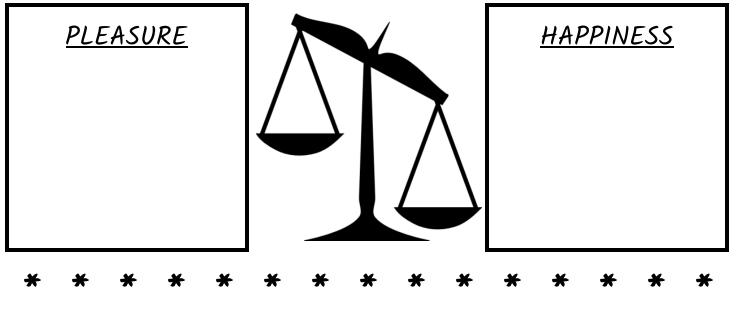
## What's Holding You Back? 9th Grade/Session 2

## THE QUEST FOR HAPPINESS



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

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	Life takes COURAGE In what area of your life could you show more faith over fear? Where do you need courage?
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<b>SMALL GROUP DISCUSSION QUESTIONS</b> What does the rattlesnake in the story of the Native American boy represent for you?	
<ul> <li>→ Who or what is holding you back from being the Best-Version-of-Yourself?</li> <li>→ What is it that sooner or later is going to turn on you and strike you down?</li> <li>→ How would your life be better if you could walk away?</li> </ul>	

## \*\*\*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!

