

# REFLECTION GUIDE

3.31.24

## INTRO

How does our culture define what happiness is? If we can identify the things we lean on to help us feel happy, we can begin to understand where we might need to deepen our connection with God.

## THOUGHTS

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## PRAYER

Loving God, thank you for the hope of finding true joy in life. Thank you for offering me resurrection power that transforms and renews. Help me begin each day by acknowledging your goodness and mercy and tuning my heart to sing your praise with every choice I make. Amen

## DIGGING DEEPER

- On Easter, we celebrate new life-- resurrection life that is offered to all of us in Jesus Christ. Can you think of something specific in your life that could use a bit of renewal? What is standing in the way?
- Our culture is very driven by achieving happiness. Can you identify the things that need to occur in any given day or week in order for you to *feel happy*?
- Read Psalm 16.
  - As you read this psalm which verses stand out to you and why?
  - If the psalmist were to name what brings true happiness, what do you think that would be?
  - How can these verses be applied specifically in the area of your life that you identified as needing renewal?
  - Verses 7-8 say, "I will bless the LORD who advises me; even at night I am instructed in the depths of my mind. I always put the LORD in front of me; I will not stumble because he is on my right side." [CEB] What are some new or creative ways that you can "put the LORD in front of me" each day? How might that change the joy you experience?
- Identifying a clear purpose outside of yourself is key to a fulfilling life. There is more to life than self-soothing! Spend a few moments articulating your purpose based on your unique abilities and passions.