

Sermon Discussion Questions, January 22, 2012
Finding Ultimate Contentment in Christ- A Series in the Psalms – Week Eight

The Habits of Happiness

Psalm 103:1-22

Introduction: We move toward authentic happiness in life as we employ sound principles of spiritual self-leadership to remind ourselves of who we are in God's family.

FOUNDATION – Happiness begins with spiritual self-leadership during times of distress and doubt. *Psalm 103:1-2a; 22a*

1. Define happiness. What makes you happy?
2. Define spiritual self-leadership? How did David do this? How is spiritual self-leadership practiced today?

1st PILLAR – Remember all God has done for you in the past. *Psalm 103:2-5*

3. Why is it important to remember God's blessings from the past?

2nd PILLAR – Remember your forgiveness in the present. *Psalm 103:6-13*

4. Do you ever worry about where you stand with the Lord today? Why? What from Psalm 103 should you remember when you think wrongly about forgiveness?

3rd PILLAR – Remember the source of your significance in the future.

Psalm 103:14-19

5. Where do you seek significance? Why? Where is your true significance found?
6. What from this Psalm gives you the confidence as you face distress and doubt?