

Conversations with Solomon at The Salt Creek Café Series
Message # 2: How Can I Be Happy??
Core Group Discussion Guide
January 13, 2019

Message Overview:

- One of the universal questions of life is ... **“How in the world can I be happy?”** Solomon asked that question about 3000 years ago.
- **Ecclesiastes 6:6** (TLB) ... *“Though a man lives a thousand years twice over but doesn't find contentment, what's the use?”*
- Solomon began a life long search for satisfaction.
- **Ecclesiastes 2:1** (GN)
“I decided to enjoy myself and find out what happiness is.”
- Solomon took the challenge seriously ... so with his **mind** and his **money** ... **he set out to discover what it is that makes people happy.**
- Ecclesiastes 2 outlines Solomon's lifelong search for satisfaction

Text: Ecclesiastes 1:16 – 2-26; 6:6

Questions for Discussion:

- **OPEN IT –**
 1. What do you and the people around you think is necessary to be truly happy?
 2. Were you given the impression growing up in church that pleasure was to be avoided? If so, why do you think that was what you were taught?
- **EXPLORE IT –**
 1. What great projects does Solomon undertake (vv. 4-8)?
 2. In verses 12-16, to what does “wisdom” refer – Spiritual insight? Street smarts? Survival skills? Upright behavior?
 3. Who is the real beneficiary of someone's work (vv. 18-21)? Why is that?
- **GET IT –**
 1. Why do we continue to think possessing more than we have right now will make us happy when we are not happy with what we have?
 2. What are some ways we use pleasure, possessions, relationships, and work **in ways God did not design?**
 3. What are some ways we can enjoy pleasure, possessions, relationships, and work **in ways God did design?**
- **APPLY IT –**
 1. How can we fight against finding satisfaction in created things and instead find it in God alone?
 2. What spiritual practices and disciplines keep you focused on your true purpose and calling in life?
 3. **Happiness is not a result of circumstances. Happiness is a choice.**
Psalm 37:4 ... *“Seek your happiness in the Lord. And he will give you your heart's desire.”*