

bridgeway GROUPS

PSALMS READING PLAN:

Join us for the “Summer in the Psalms” Bible reading plan! See and download the plan on our website: bridgewaycommunity.org

DISCUSSION GUIDE: June 8 - Ron Aulbach

“How to be Happy”

LIFE: Find a picture of something that makes you happy. What about it makes you happy?

ENGAGE THE MESSAGE:

1. **Read Psalm 1.**
2. “Blessed” can be translated to “happy” in the bible. What are some things that bring you happiness?
3. Where do you see happiness in these verses?
4. Pastor Ron pointed out that life goes through “seasons”. What season of life are you in right now?
5. How do we try to make ourselves happy in the midst of tough times?
6. How does control play into our happiness?
7. Verse 2 says to delight in the law of the Lord. What are some ways in which we can do this?

MAKE DISCIPLES: Take “First Thoughts” or “One Word” from Scripture and revisit it throughout your day. Then share your first thoughts with someone.