

December 26, 2021

NORTH METRO CHURCH

NMC SERMON SERIES CONTENT



THE CORE OF **Happiness**

The Core of Happiness

"You are only as happy as your core relationships are healthy."

Message Summary: If your happiness is contingent upon the health of your relationship, then:

Do you have any core relationships (close friendships)?

Is there any tension to work through in your core relationships?

How is your relationship with Jesus?

“THE CORE OF HAPPINESS”



Discussion Questions:

How was your Christmas’?

Do you or your family have any New Years Eve or New Years day traditions? If so, what are your traditions?

How would you answer the following question: “What makes you happy”?

Daniel’s big idea for his message was **“You are only as happy as your core relationships are healthy.”**

How have you felt the connection between your happiness and the health of your core relationships?

When it comes to your core relationships, how would you answer the questions:

1. Do you have them (any core relationships—deep friendships)?

•Do any of the following actions steps to help you drive deep roots into deeper friendships resonate with you:

- Go deeper with a few
- Schedule some adventures together
- Share your stories

2. Is there any tension to work through in your core relationships?

- Why is it so important to work through tension in our relationships?
- Why is it so hard to work through tension in our relationships?

*For those who are attempting to work through tension in their relationships, I would encourage you to reach out & connect with our care ministries. A list of the NMC care ministries can be found at: <https://www.northmetro.org/care>

3. How is your relationship with Jesus?

Read John 14:6. What does Jesus mean when He said that He is the Life?

Why is our relationship with Jesus our most important relationship?

Daniel submitted that we should commit to going all in this year in our pursuit of Jesus. What could that look like in your life this year?

If “you are only as happy as your core relationships are healthy,” then what steps might you need to take this year to pursue your happiness?