

My Philosophy of Life

Below are listed several different philosophies of life. Indicate where you stand with each one by giving a rating from one to ten. One indicates that you disagree with that philosophy completely; ten would indicate total agreement.

1. The most important factor in determining happiness in my life is the amount of money I have \_\_\_\_\_ .
2. I am happiest when I am helping other people \_\_\_\_\_ .
3. I am at my happiest when I am experiencing pleasure from eating, drinking, or having a good time \_\_\_\_\_ .
4. I am at my happiest when I am with my friends. My friends make me truly happy \_\_\_\_\_ .
5. I am very happy when I am in school learning things \_\_\_\_\_ .
6. I am at my happiest when I am at Church and I am praying \_\_\_\_\_ .
7. I am at my happiest when I am shopping at the Mall \_\_\_\_\_ .
8. I am truly happy when I read the Bible \_\_\_\_\_ .
9. The happiest moment in my life was: \_\_\_\_\_  
\_\_\_\_\_ .

Jesus says:

- Luke 14:27 "Whoever does not carry his own cross and come after me cannot be my disciple."
- Luke 15:7 "I tell you, in just the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance."
- Mark 9:25 "Jesus, on seeing a crowd rapidly gathering, rebuked the unclean spirit and said to it, 'Mute and deaf spirit, I command you: come out of him and never enter him again!'
- Matthew 21:22 "Whatever you ask for in prayer with faith, you will receive."

Objective: To help our teenagers to reflect on what it is that truly makes them happy by critically examining eight possibilities and rating them as to whether or not these truly make them happy and to describe the happiest moment in their life so far.

Once the teenagers have reflected on the meaning of happiness, they can discuss the four passages from the New Testament and see if these passages relate to their search for happiness.

Icebreaker: You have just won the lottery and will be getting a check for \$10 million. What are you going to do with it?

Introduction: Each one of us has a philosophy of life whether we realize it or not. Tonight we are going to look at our own philosophy as it relates to the question of what makes us happy.

Explain the rating system: One--- totally disagree  
Ten--- totally agree

(1) give the teenagers about ten minutes to complete their philosophies of life.

(2) go through each statement and lead a discussion with the group. Some possible questions relating to each statement:

1--- Can you think of some examples from your life where money has made you really happy?

2--- Why does helping others make us feel happy?

3--- Does my experience of searching for pleasure ever leave me feeling empty and confused?

4--- Can your friends always make you feel happy? Are there times in your life when you really don't want to be with your friends?

5--- How do you feel when you learn something new?

6--- What do you do when you find it hard to pray?

7--- How do you cope with the frustrations you feel when you don't find what you want, you can't afford what you want, or the salespeople are rude to you?

8--- Do you ever find the Bible difficult to understand?

9--- feel free to share with your group your own experience of happiness.

Jesus says section:

Your purpose here is to introduce Jesus to the teenagers as someone who is challenging them to reflect on the meaning of happiness. The following questions might help you in your discussions:

Luke 14:27--- What are some of the ways you carry the cross in your life?

Luke 15:7--- Why do you feel that Jesus is so happy when sinners truly repent?

Mark 9:25--- Why is Jesus so concerned about those who are mute and deaf?

Matthew 21:22--- Is prayer really as powerful as Jesus says it is?