

— weekly —  
**STUDY  
GUIDE**

## 100 HAPPY PEOPLE

### WEEK 1 // *100 Happy People*

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## *Introduction*

Welcome to week one of the 100 Happy People study. We are entering a season of intense and intentional happiness! What would life be like if you and I were to make 100 people happy during the next 40 days? While it may sound crazy and impossible, it is our calling as children of the King to bring joy and light to the world. We will be hearing more about this in the next few weeks.

In this guide you will find questions for your own personal study along with questions to discuss at a Bible study, neighborhood gathering, or at the dinner table with family and friends.

## *Personal Study*

### **READ**

Read Ephesians 5:1 and consider the questions below.

### **CONSIDER**

- In what ways have you seen God bring joy to people in the Bible, individuals in your life, or you personally?
  
  
  
  
  
  
  
  
  
  
- It's hard to imitate someone you do not know. What are some practical ways you can get to know God this week? Which of these ideas will you put into practice?

## *Personal Study Continued...*

- Make a list of loving actions that God has shown you through his Word or your personal experience that can be imitated. Then, circle the one you plan to put into practice this week.

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### **READ**

Read Romans 13:8-10 and 1 Corinthians 13:1-13 and consider the questions below.

### **CONSIDER**

- What do you think “love is the fulfillment of the law” means? What does it mean to be “indebted to love one another?”
  
- Based on what you read in 1 Corinthians, are there any behaviors in your life that might be considered unloving? Take a moment to confess this to God and ask for his help in changing them.
  
- Make two separate lists; One for the individuals in your life who are the easiest to love and one for the most challenging people. Then, circle three whom you will purposely attempt to make happy this week.

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### **PRAY**

Ask God to remind you of ways that you have imitated his love and grace in the past. Now ask him to show you new ways to deliver happiness. Last, invite the Holy Spirit to fill you with the joy of the Lord so you can courageously spread it wherever you go.

# Group Study

## ICE BREAKER

Discuss this question as a group: What are some simple things that make you happy?

## DISCUSS

- If you had to make an estimate, how many people do you make happy in an average day?
- As Christians, should we be concerned with the happiness of others? Why or why not?

## READ

Read the “one another passages” found in 1 Thess. 5:11, Rom. 15:7, Col. 3:16, Phil. 2:3,4, Gal. 5:13, Eph. 4:2, James 5:16, Col. 3:13, 1 John 3:11 and discuss the questions below:

## DISCUSS

- Which “one another” action does this community do well? Where can we improve?
- Personally, which “one another” action do you find to be the most challenging? Explain why? Which one comes naturally to you?

## CONSIDER

The challenge for the next 40 days is to make 100 people happy. This includes spouses, neighbors, coworkers, strangers, enemies and friends. Many of these interactions will happen organically without a strategy or plan, but intentionality is required to meet this goal. Will you try to make 100 people happy in the next 40 days?

## DISCUSS

- Spend the rest of your group time discussing 2-3 people you want to go out of your way to encourage, admonish, accept, serve, value, be patient with, pray for, forgive, or simply love.
- How do you plan to bring them happiness?

## PRAY

Ask God to open up opportunities to deliver happiness and the awareness to pursue what He puts in front of us. Also, pray for God to make us a community of courageous love and contagious joy. Last, invite God to show you individuals in your life who need a special touch from you.