



LIFE Groups Sermon-Based Discussion Questions

The Gospel of John: Believe

"How To Be (Truly) Happy"

John 6:22-29, for the week of Sunday, September 16, 2018

I. To get tonight's discussion going, share with one another some of your favorite foods and why you like them so much (e.g., comfort, memories, just love the taste). Now share some of your least favorite foods; also share why they you don't like them.

II. The first point from the sermon was "food that spoils". Read vv26-27. Jesus says we should "not labor for the food that perishes". Just as food in our refrigerators go bad/grow mold and have to be thrown away, as Christians, we should avoid living in a worldly way and wasting our time, talents, and treasures. What are some common struggles and temptations we face here in the West that prompt us toward materialism and worldliness? Can you identify specific traps believers can get caught up in, pouring their lives into, not realizing these might be "perishing food"? Share and discuss.

Supplemental material to help discussion from the sermon

- *"Instead of seeing in the bread the sign, they had seen in the sign only the bread."*
- *"What Jesus condemns is not a proper concern for physical needs (or even wants), but rather a materialistic mentality that usurps spiritual priorities."*

III. The second point from the sermon was "food that lasts". Read v27. Jesus says believers ought to labor "for the food that endures to eternal life". This means pursuing spiritual matters must be our top priority (see Matt 6:33). Thinking personally, how can you make spiritual matters your top priority? What are specific ways you can "labor" for things eternal? And what is the key to experiencing true happiness? [Hint: read Matt 5:6]

Supplemental material to help discussion from the sermon

- *D. Martyn Lloyd-Jones: "The great tragedy of the world is that, though it gives itself to seek for happiness, it never seems to be able to find it... We are not to hunger and thirst after blessedness; we are not to hunger and thirst after happiness. But that is what most people are doing. We put happiness and blessedness as the one thing that we desire, and thus we always miss it; it always eludes us. According to the Scriptures, happiness is never something that should be sought directly. It is always something that results from seeking something else. They alone are truly happy who are seeking to be righteous. Put happiness in the place of righteousness and you will never get it."*
- *"We gather each Sunday as celebrators, rejoicing in Christ our Savior."*

NOTE: The biblical warning against worldliness is not a call to reject outright desiring the things of this world. Christians can have legitimate desires for earthly things, to enjoy hobbies that require spending time and money, for example. To better appreciate this dynamic of keeping God first yet appreciating His material blessings, see Joe Rigney's *The Things of Earth: Treasuring God by Enjoying His Gifts*.