



Start with this...

We talked about people who may know the "secret" and are able to display an amazing amount of JOY in the midst of some terrible circumstances. (i.e.) Joni Eareckson-Tada

Who is someone you know that displays the "secret". Or maybe someone you've heard about?

This Week's Main Thing

When we think of the example of Jesus... What were some of the things He gave up in order to be with us? (Ask the group to Re-Name a few)

- What do you think would have been the hardest thing for Him to surrender?

Why would Jesus willingly do such a thing knowing in advance what He would experience? (After people answer have someone read Hebrews 12:1-3)

Questions & Facts For Discussion

FACILITATOR:

So know that you know what the **secret** is... How do you learn the **secret**?

- Read the Bible, Be in Fellowship with others, Share each other's Story

Look at these quotes from "[The Way of Love](#)" - The Last Meditations of Anthony DeMello

Read each quote a few times and talk about it...

"What makes you happy or unhappy is not the world or people around you, but the thinking in your head"

"False belief: If all your desires are fulfilled you will be happy. Not true. In fact it is these very desires and attachments that make you tense, frustrated, nervous, insecure and fearful"

"The fulfillment of desire can, at the most, bring flashes of pleasure and excitement. Don't mistake that for happiness."

"Understand your false beliefs and they will drop; then you will know the taste of happiness."

"So spend some time seeing each of the things you cling to for what it really is, a nightmare that causes you excitement and pleasure on the one hand, but also worry, insecurity, tension, anxiety, fear, unhappiness on the other."

End your time in prayer and ask God to speak to us in a personal way this week. Ask Him to prepare our hearts for the journey into what it means to be "blessed"