Discussion Title: **What Makes You Happy?**	**Category**: **Lifestyle**

	Opening Question(s):	Pick 2-3 individuals to share. 5 minutes total.
1)	What makes you happy?	
2)	What used to make you happy?	
3)	What would make you happy if you could have it NOW?	

Lesson:		
	Let's examine King Solomon's search for happiness and fulfillment.	Pick 1-2 individuals for each question.
1.	**Learning**: Ecclesiastes 1:12-13, 16	Keep track of time during the discussion. Keep the discussion focused and on point. Avoid going off on a tangent topic.
Q.	Share a time when you felt like learning a new business or skill was the answer to happiness.	
	What was the result?	Additional notes:
	Ecclesiastes 1:17-18	
	The more you know, the more your see you don't know!	_____
		_____
2.	**Luxury**: Ecclesiastes 2:4-10	_____
Q.	How do you feel the day you buy something new?	_____
	How do you feel a day later? A week later? A month later? A year later?	_____
	- It's time for a new one…	_____
	- The new feeling has gone…	_____
	- Becomes just another part of your wardrobe, room, toys…	_____
	- Need to get the "upgrade" (think electronics)…	_____
	Ecclesiastes 2:11	_____
	Chasing after the wind… you never catch it!	_____
		_____
3.	**Alcohol/Drugs/Stimulants**: Ecclesiastes 2:3	_____
Q.	What does 1 glass of wine do to you?	_____
	- Warms your insides… enhances some foods…	_____
	What does too much wine do?	_____
	- Makes Joe Cool to Joe Cruel or Joe Fool or Joe Crazy or Joe Lazy!	_____
	- Destroys lives and relationships	_____
	Proverbs 23:29-32	_____
		_____
4.	**Lust**: Ecclesiastes 2:8-10, 1 Kings 11:3	_____
	Solomon had 700 wives and an additional 300 women in his harem!	_____
Q.	What does lust do to a person?	_____
	- Destroys intimacy. Becomes an addiction.	_____
	- Gets progressively worse… starts with pornography → rape → child molestation…	_____
		_____
5.	**The Lord**: Ecclesiastes 12-13-14	_____
	The only true and lasting fulfillment comes through loving God and obeying His commands!	_____