

Discussion Questions

Week 2

- 1. If you had been in Pastor Karen's shoes and had encountered so many negative circumstances with your trip, how would you have handled it? Would you have been Melancholy Mavis, Negative Nancy, Overly Optimistic Opal or Happy Holly? Who are you typically?**
- 2. Read these verses together as a group: Proverbs 15:13, Proverbs 15:15, Proverbs 15:30, Proverbs 17:22 These verses talk about having a happy heart. Tell the group about someone you know who has a happy heart. What do you admire about that person?**
- 3. Experts say: 90% of your happiness is predicted not by your external world, but by the way your brain processes your external world. If you can choose happiness, and happy people have better relationships, what hope does this give you for having better relationships?**
- 4. What is one relationship in which you are currently struggling? How might you being happier affect this relationship?**
- 5. For the rest of your time together, HAVE fun! (Pastor Karen sent you an email with some ideas)**