

DANIEL GILBERT:

WHY ARE WE HAPPY? WHY AREN'T WE HAPPY?

WELCOME

(20 MINUTES)

Highs and Lows: *What are yours?*

Prayer: Try these words or your own : *God, you intend us to live at peace, in peace. You intend us to love each other as ourselves. We acknowledge the sacrifice this demands, but also that it does not mean neglecting the health of ourselves. Help us to live with these things in mind, for the sake of all. Amen*

VIDEO

(20 MINUTES)

DISCUSS

(40 MINUTES)

1. What do you want to discuss after watching the video?
2. What do you think God would want to discuss with you?

IF you are stuck...

Reflections From The Community



Science has finally proven what God has been trying to tell us all along. "Unbounded fear and unbounded desire are your biggest stumbling blocks. Even if you could prevent 'bad' things from ever happening or orchestrate a life in which 'good' things always happened, you still wouldn't be as happy as you think. So, have a little faith. I know what I'm talking about." -Nick

CLOSE

(10 MINUTES)

Housekeeping: *Pick a card. Do it.*

Prayer:

*Lord, make us instruments of your peace.
 Where there is hatred, let us sow love;
 where there is injury, pardon;
 where there is discord, union;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.
 Grant that we may not so much seek
 to be consoled as to console;
 to be understood as to understand;
 to be loved as to love.
 For it is in giving that we receive;
 it is in pardoning that we are pardoned;
 and it is in dying that we are born to eternal life. Amen.
 St. Francis of Assisi (1181-1226)*