

## Small Groups materials - True happiness

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February 24, 2015

	Process	True happiness	Material	Time
intro	-Welcome guests	<ul style="list-style-type: none"> <li>▸ Welcome everyone, how you all doing today ☺</li> <li>▸ The aim of this course is to come to a closer understanding of what happiness truly is.</li> <li>▸ Open in prayer</li> </ul>		3:00
	-Introduction	<p>What makes you happy? Fundamentally it's your desires.</p> <p>Contradictions between good desire and bad desire</p> <p>Example: You want to pass your exam You can either study real hard, or cheat.</p> <p>What will bring you true happiness? Think of some own examples.</p>	-	10:00
main program	-Video	<p>Watch video</p> <p><a href="https://www.youtube.com/watch?v=PT-HBI2TVtI">https://www.youtube.com/watch?v=PT-HBI2TVtI</a></p>	-youtube	4:00
	-Discussion	<ul style="list-style-type: none"> <li>▸ Questions</li> </ul> <p><i>'Everyone is struggling to attain happiness and avoid misfortune. From the commonplace affairs of individuals to the great events that shape the course of history, each is at root an expression of the human aspiration for ever greater happiness. How, then, does happiness arise? People feel joy when their desires are fulfilled. The word "desire," however, is often not understood in its original sense, because in the present circumstances our desires tend to pursue evil rather than good. Desires which result in injustice do not emanate from a person's original mind. The original mind is well aware that such desires lead to misfortune. Therefore, it repels evil desires and strives to follow the good. Even at the cost of their lives, people seek for the joy that can enrapture the original mind. This is the human condition: we grope along exhausting paths to cast off the shadow of death and search for the light of life.'</i></p> <p>When have you been most happy? Was that a selfish or selfless act? Are rich/famous people truly happy?</p>		10:00
	-Practice	<p><a href="https://www.youtube.com/watch?v=p32OC97aNqc">https://www.youtube.com/watch?v=p32OC97aNqc</a></p> <p>Try a laughter chain/ crack some jokes/ make funny faces</p>		10:00
	-Conclusion	<p>Thank you for coming</p> <p>Close with a prayer</p> <p>Over the next week practice three random act of kindness</p>		5:00
Conclusion				