

— weekly —
**STUDY
GUIDE**

100 HAPPY PEOPLE WEEK 5 // *Value One Another*

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Introduction

Welcome to week five of the 100 Happy People study. Almost every message from society tells us to do what makes me happy; to do what I want, and what's best for me. As Christians, we are called to do the exact the opposite; to value others above ourselves. This sounds noble and simple enough, but putting it into practice takes incredible courage, self-control, and the love of Christ within us.

In this guide you will find questions for your own personal study along with questions to discuss at a Bible study, neighborhood gathering, or at the dinner table with family and friends. Enjoy!

Personal Study

READ

Read Philippians 2:1-11 and consider the questions below:

CONSIDER

- “Do nothing from selfish ambition or conceit.” While it may not be our intention, we act out of selfishness more then we realize. Think about the past week. In retrospect, what actions might have been rooted in selfishness?

- What would it specifically look like for you to regard others as better than yourself? How can you start putting this into practice this week?

Personal Study Continued...

- Verses 6-11 are a brief but complete overview of the selflessness of Jesus. He died for every soul that will ever exist, whether or not they acknowledge him. How can you start to view even the most hated people in the world today through the eyes of Jesus?

How does this new perspective alter your attitude toward those who are despised by the world?

READ

Read Luke 10:29-37 and consider the question below:

CONSIDER

- In this parable, the priest and the Levite (another religious leader) are examples of people who should have known exactly how to respond to a stranger in trouble. But the 'hated foreigner' is the one who gets it right. What surprises you most about the Samaritan's actions?

- The Samaritan certainly had things to do, but chose to interrupt his own schedule in order to address the needs of the injured man. How willing are you to put your agenda on hold for the sake of others?

- It could be argued that Jesus cares less about what we know about scripture (the Pharisees were experts) and more about putting the scriptures into practice. What steps can you take this week to put your faith into practice?

PRAY

Ask God to open your eyes to opportunities to value others above yourself. Invite God to interrupt your agenda, with a chance to share his love with someone else. Ask him to forgive you and rescue you from selfishness. Pray that God would continue to lead you and fill you, making you less and him more.

Group Study

ICE BREAKER

Discuss this question as a group. Who is the happiest person you know? What do you think is the source of their happiness? On what do you base your observation?

Previously we learned two key truths:

1. We are called to address and speak truth into difficult situations.
2. There is power in prayer and in taking the tough things to God.

Discuss the questions below with your group:

- What new insights or questions about happiness came to your mind over the last week?
- In what ways did you attempt to bring happiness to the people in your life? How did they respond? What worked? What did not?

READ

Read John 13:31-25, John 15:12-17, and 1 John 3:11-24 and discuss the questions below:

DISCUSS

- Multiple times Jesus calls us to “love one another as I have loved you.” How have you seen Jesus’ love in your life? What does loving people like Jesus mean to you?
- Jesus said that Christians will be recognized by their love for one another. Do you think this is true today? Are we known for love or something else? What words would the non-believers in your life use to describe us?
- “You are my friends if you do what I command you.” Through Jesus, God has allowed us to have sight of what he is doing in the world. In what ways do you see God moving in your life and in our world? How can we get more involved in what God is doing in our community and city?
- 1 John has some strong words for those Christians who do not love. What thoughts or actions do you need to let go of to be more loving? How can the group be praying for you this week?

READ

Read Romans 12:9-21 and discuss the questions below:

DISCUSS

- Religious activity is not always fueled by genuine love. What do we need to do in order to have genuine love, rather than empty religious activity?
- Paul challenges us to “outdo one another in showing honor.” In other words, you can’t honor someone too much. What can we do to make honoring others a constant habit?

PRAY

Ask God to reveal our unforeseen selfishness and give us eyes to see the needs and values of others. Ask for the courage to act upon the needs that you see in your community. Allow yourself to be filled and renewed by the self-sacrificing love of Christ.