

— *weekly* —
**STUDY
GUIDE**

100 HAPPY PEOPLE

WEEK 8 // *Pray for One Another*

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Introduction

Welcome to week eight of the 100 Happy People study. Hopefully, you are chipping away at your goal of making 100 people happy. So far we have learned numerous ways to bring happiness to our family, friends, and neighbors. Today we look at an often forgotten, but incredibly powerful tool for delivering joy into other's lives. By simply praying for people, we usher in God's blessing upon their relationships, work, and the trials they may be facing.

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.

Personal Study

READ

Read James 5:13-18 and consider the questions below:

CONSIDER

1. According to what you just read, in what situations should we seek out God through prayer? Are you or anyone you know facing these circumstances?

2. Many people encounter mental roadblocks when it comes to prayer. What thoughts or feelings, if any, have kept you from wholeheartedly investing in the work of prayer?

Personal Study Continued...

3. In what ways have you seen prayer be “powerful and effective?”

READ

Read Psalm 145:14-21 and consider the questions below:

CONSIDER

1. What does this psalm tell you about the character of God?

2. What phrases in this psalm encourage you to commit more time to prayer?

3. List the people (friends and enemies) for whom you would like to be praying this week and how you would like God to bless them.

PRAY

Thank God for the ability to speak to him directly. Praise him for his goodness, mercy, faithfulness, and power. Ask him to pour out his blessings over the people you have listed above. Last, ask him to use you to bring happiness to the people in your life.

Group Study

ICE BREAKER

Discuss this question as a group. What song (new or old) has the power to get your toes tapping and put a smile on your face, despite your mood?

Previously we learned two key truths:

1. When dealing with difficult people, remember to look in the mirror.
2. When you have a problem with someone, bring the problem to your Savior in prayer.

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 17 and discuss the questions below:

DISCUSS

1. As followers of Jesus, it's our goal to think, act, and become more like Christ. What wisdom can we glean from inspecting Jesus' prayer in John 17?
2. Based on what you read, what seems to be important to Jesus?
3. What aspects of Jesus' prayer would you like to emulate in your conversations with God?

CASE STUDY

Karen is one of the smartest people you know. She earned her doctorate before she turned thirty and she reads more books in a week than you seem to in a year. She didn't grow up in a Christian home. When she became a Christian last year, she realized she had a lot of catching up to do. So, of course she began to read about the Bible, Christian history, spiritual disciplines, and anything else she could get her hands on.

She caught you off guard the other night when she admitted that prayer confused her. "What's the goal?" she asked. "What am I trying to accomplish when I pray? Do I just tell God about my day like I would a friend, or am I trying to affect change, like curing a sickness, or fighting against injustice? I guess I'm a little confused. I know I should pray, but my muddled understanding keeps me from doing it. It's like a mental roadblock I can't get past."

As a group, discuss what you could say or do to help Karen.

PRAY

Pray for each other. Ask God to continue to taking your group deeper together. Pray for specific needs in and outside your group. Thank God for his nearness and willingness to hear our prayers.