

## Discussion Guide

1. What is the first thing that comes to mind when you think about what makes you happy? Why do you think that comes to mind?
2. "The truest thing about you is what God says about you." How does this idea compare to how culture defines us?
3. Consider the character of God as creator, provider, eternal, and all-knowing. How does this humble you?
4. When my desires contradict God's Word, what is my next step?
5. What is one step I can take this week to get freedom from the desires of my heart?