

MY MISSION IN LIFE IS NOT MERELY TO SURVIVE,  
BUT TO **thrive**; AND TO DO SO WITH  
**SOME passion,**  
**SOME compassion,**  
**SOME humor, & SOME style.**

~ MAYA ANGELOU

# “TO ALL WHO COME TO THIS HAPPY PLACE: WELCOME!”

With these words, Walt Disney opened Disneyland in 1955. His vision of creating a unique entertainment experience full of joy and excitement had become a reality. In his mind, he had created the “Happiest Place on Earth.”

For many people, Disneyland is their happy place (they have almost 18 million visitors each year). But it’s not the only one. For some of us, it’s skiing on fresh powder in the mountains. Maybe it’s a trip to the beach with friends, a great holiday meal with our families, or a hike alone in the woods. We all need spaces that help us find joy and meaning in a chaotic world.

Traveling to a happy place is great. But some people have discovered something far more profound: how to live with joy and meaning year-round, no matter where they are. We probably know a person or two who lives with a happy-place mindset. Deep down, we may wonder what it is they know that so many of us don’t.

Jesus came to bring us abundant life. Meaning, purpose, and joy are not out of reach for any of us. But finding true happiness takes intentionality. It won’t just happen. Over the next six weeks, we’ll look at the things happy people know and the choices we need to make in order to engage life to the fullest.

This experience is at its happiest when we have others join, encourage, and inspire us along the way. So, grab a few friends to go through this discussion guide together. Along with this written study, there are six video teaching sessions, one for each week available to stream for free at [www.chaseoaks.org/happyplace](http://www.chaseoaks.org/happyplace).

So, to all who come on this happy journey: Welcome! I’m praying that the weeks ahead will inspire you to live bigger and experience God’s love in a deeper way.



**JEFF JONES**  
Senior Pastor of Chase Oaks Church

# USING THIS GUIDE

We're here to help you have a great conversation each week. Here's a brief overview of the different sections in this study.

## HAPPY START

Each week opens with a brief thought to set up the topic. Read this at the beginning. There are also a few starter questions to get people talking.

## HAPPY NOTES

After the starter questions, there is a short video teaching segment from Jeff. Watch that week's video together (it'll take about 8-10 minutes). You can access them online at [www.chaseoaks.org/happyplace](http://www.chaseoaks.org/happyplace). Encourage group members to write down what stands out to them.

## HAPPY FACT

A lot of scientific research studies have been done about happiness and fulfillment. Consider a relevant finding each week to spark additional thinking.

## HAPPY CHAT

In this section, you'll read the Bible, think about timeless truth, and ask questions about how to apply it to your lives today. Please note: This section is meant to be a guide, not a straight-jacket. You don't need to go through every question (you may come up with even better questions on your own for your group). Go with the flow and lean on the Holy Spirit's guidance. The ultimate goal is to have a purposeful conversation where everyone can join in.

## HAPPY STEP

This exercise or journaling activity will take what was discussed to a deeper and more personal level. It is designed to be done by each person on their own throughout the week.

## HAPPY DAYS

If people have time and want to go deeper during the week, we've provided five short Bible verse reflections. Encourage each other to read God's Word in between meetings by reading these one or two verses. Take time to ask God to speak as you reflect, journal, and pray.