

JAMIE GRACE

Artist:

JAMIE GRACE
JAMIEGRACE.COM

Album Title & Record Company:

'91
GOOD EYE MANAGEMENT

Video Title:

THE HAPPY SONG

Study By:

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Theme

Joy

Objective

Students will learn that true happiness comes only from knowing Jesus.

Warm Up

Hand out the Student Guides and pens. Have a **Happy Stuff** discussion. Allow volunteers to respond to each question as their interest is piqued.

- What food makes you happy?
- What is the funniest movie you have ever seen?
- What song makes you happy?
- Where is your “happy place?”
- What is your definition of happiness?

Transition

Explain that things that make you happy often don’t last a lifetime—and certainly not an eternity. (Pause to allow that statement to sink in.) Although getting a gift you really want and/or need is always a source of happiness, that gift doesn’t make daily life constant bliss. Ask, “How do you cope with days and situations that make you sad?” Allow for response.

The Video

Say, “Let’s watch the video of Jamie Grace’s new song ‘The Happy Song.’ It will most likely make you feel happy!” Play the video.

Transition

Utilize the **Video Chat** section to discuss the song.

- What was one item/situation Jamie Grace described that makes you happy too?
- Is being happy all the time possible? Explain.
- What is something that gets between you and happiness at school? In the community? At home?
- Is there anything a person can do to increase his/her happiness level? Allow for discussion.

Bible Study

Say, “We’re going to look at the Bible to explore how to find true happiness. Let’s grab a Bible or open a Bible app and look to **Matthew 6:25-34.**”

Verses 25-32

- What do you worry about?
- What’s the point of these verses?
- Does worry increase or decrease your happiness? Explain.

Verse 33

- What sources do you go to for information in life?
- What are some of your priorities?
- What does Jesus tell people to do in this verse?
- How does seeking Jesus first relate to your level of happiness?
- Does the amount of “Jesus” in your life affect your daily happiness level? Explain.

Verse 34

- What stresses you out about your future?
- What must you work hard at almost every day?
- Is focusing on future worries good or bad for a person? Explain.
- How can focusing on Jesus help you deal with daily stress?

Ask, “Did you realize that Jesus not only created happiness, but also made it part of good health?” Read **Proverbs 17:22** – *A cheerful heart is good medicine, but a broken spirit saps a person’s strength.* Ask, “What’s stealing your happiness?” After allowing a moment for thought, move on to the Wrap Up.

Wrap Up

Spend a few moments sharing the Gospel, and then challenge the students to write a prayer about their own happiness in the **Dear Jesus...** section of the Student Guide. Encourage the students to be honest with God about what makes them happy, what steals their happiness, and ultimately the happiness they experience by knowing Jesus. Be available to them, as some may be going through a really hard time. Some may need to meet Jesus for the first time too! Play the video as students write. Close in prayer at the end of the song.