



## Week 1 — Happy vs. Holy

### Icebreakers:

- Tell us your favorite things about a snow/ice day. And what's the worst about these days?

### Discussion Questions:

1. Think thru last week. Did you find yourself alone at all? What percentage of a regular, normal day are you completely by yourself?
2. Do you enjoy being alone? Why or why not?
3. Describe a situation or a point in your life where you felt absolutely alone or abandoned by others. What other feelings did you have? Who in your life helped you?
4. What kind of relationships do people have that often times benefit themselves?
5. Have you ever benefited from these kinds of relationships?
6. Jeremy asked the question, "What if God has given us relationships to make us holy, not just happy?" — how can you begin to rethink the relationships you currently have with others?
7. How can you put this into practice this upcoming week?

### Next Steps:

- In all your relationships, ask this simple question: **What can I do to help?**
- Start using the phrase: **No, you go first.**
- If you're married, consider signing up for the Marriage Course on the Crosswind Church app.

**"In your relationships with one another,  
have the same mindset as Christ Jesus" — Paul in Philippians 2:5**