**Topic: Will Stuff Make Me Happy?**

**Read Ecclesiastes 5:10; Psalm 68:3B**

**Discuss the following questions in small groups:**

If you could have one thing that would make you the most happy, what would it be? Explain. What was your favorite Christmas gift this year? How happier are you now after getting it?

**Say** - A lot of you think that getting “stuff” will make you happy. You might think that if you could just get a \_\_\_\_\_\_\_ (name something popular with preteens), you would be happy. It might not be a \_\_\_\_\_\_\_ for you, but something else. The truth is that once you get it and the “newness” of it wears off, you’ll want something else. What was your favorite Christmas gift two years ago? Can you even remember? Chances are that after having it awhile, the newness of it wore off and you went on to think of other things you want. Having the right “stuff” will never give you real happiness that lasts.

There is noting wrong with having stuff. If you have a lot of money and can buy stuff, great. The more you have, the more you can give away and share with others.

Some people have more than others and that seems unfair. But that’s just a part of life. There will always be people who have lots of stuff and those who don’t have lots of stuff. The important thing is that you’re content and happy with what you do have. Whether you have a lot or little.

**Activity: Laugh Out Loud**

Have preteens get into groups of three. Ask one player in each group to be the person who is NOT to laugh. For two minutes the other two in the group attempt to make him/her laugh by making faces, noises, telling jokes, etc. They can do anything they want except touch the volunteer. Encourage the volunteer to do his/her best not to laugh. Congratulate those who are successful. Play two more rounds, allowing the others to have a turn.

**After the activity, discuss the following questions in small groups:**  What did you like about the activity? What did you not like? How hard was it to keep from laughing? Explain.

**Say** - When others around you are happy and laughing, it is easy to feel the same way. But true happiness is deeper than that. It is more than just being in a good mood and always smiling. It is something that comes from deep within yourself. It isn’t related to what’s going on in your life. Someone can be happy on the inside when everything is going bad around them. And someone can be sad when things are going great.

The true key to happiness is having a forever friendship with Jesus. Enjoying His friendship brings you happiness that lasts.

**Read Ecclesiastes 5:10** - ”Those who love money (or the things it can buy) will never have enough. How meaningless to think that wealth brings true happiness!”

This verse was written by King Solomon, who was one of the most wealthy people who ever lived. He was richer than Bill Gates and Donald Trump put together. He had everything and realized “stuff” wasn’t the key to happiness. He realized later in life that a relationship with God is the key to real happiness.

Read Psalm 68:3B

|  |
| --- |
| But let the godly rejoice.        Let them be glad in od’s presence.        Let them be filled with joy. |

**Bottom Line: A friendship with Jesus is the key to real happiness!**