

Cody's Story – What makes us Happy?

Questions for Reflection/Discussion

1. Cody tried finding different ways to achieve happiness – what are some of the ways you see our culture pursuing happiness? How are you currently pursuing happiness?
2. Before finding Christ, Cody was always asking “What’s Next?” Do you find yourself resting in the present moment, or always looking to *what’s next*? What led you to your answer, and if you are always looking ahead, why might that be?
3. Cody referenced the famous quote by St. Augustine of Hippo, “Our hearts are restless, until they can find rest in you.” How does this quote apply to your life? Have you found rest in Christ, or are there certain things your heart is still restless over?

For Further Reading/Reflection

Scripture

The following passages relate well to Cody's story, and the first was vital for him on his return to God. Read these Scriptures and ask, “What is God trying to tell me through these words?”

1. The Vine and the Branches – [John 15:1-17](#)
2. Parables on finding God's Kingdom – [Matthew 13:44-46](#)
3. The Two Foundations – [Matthew 7:24-27](#)

Books

Cody recommended several classics by C.S. Lewis that helped him in his journey, among them these 3:

1. Mere Christianity: [Purchase on Amazon](#)
2. Screw tape Letters: [Purchase on Amazon](#)
3. The Great Divorce: [Purchase on Amazon](#)

Other

1. Cody referenced the [“Footprints in the Sand” poem](#). Read it and consider how it speaks to you.
2. Listen to this song by the band “Casting Crowns” highlighting how big decisions in life don't usually happen at once, but build over time: [Slow Fade - YouTube](#)
3. Check out this video from Fr. Mike Schmitz on the topic Cody discussed of figuring out what God wants you to do: [What Does God Want Me to Do? – YouTube](#)