



EDIFY EPISODE: THE KEY TO A HAPPY LIFE PRESENTED BY ARTHUR BROOKS

FOR ADULT FORMATION GROUPS

For Understanding

Watch Arthur Brooks' "The Key To A Happy Life" to learn the answers!

1. Why does America seem to be in short supply of happiness?
2. How has our culture allowed fear to take over?
3. How has the media pushed society away from achieving happiness?
4. How are our public policies restricting us from attaining happiness?

To Go Deeper

Draw from your own experience or invite a local expert in to help you think more deeply about this video and how it can inspire you to live out the faith in the public square!

1. How can you attain the 4 pillars of happiness (faith, family, friends, work that serves) in your life?
2. In what ways has the government undermined happiness through an anti-religious or anti-family agenda?
3. What is the Christian understanding of happiness? How does this compare with the materialistic view of happiness our culture promotes?
4. In what ways can the government promote happiness within the 4 pillars?



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FOR HIGH SCHOOL CLASS DISCUSSIONS

For Understanding

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1. Why does America seem to be in short supply of happiness?
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3. How has the media pushed society away from achieving happiness?

To Go Deeper

Assign these questions to students for pre-research for follow-up assignments to the video.

1. How can you attain the 4 pillars of happiness (faith, family, friends, work that serves) in your life?
2. Arthur Brooks mentions how the media is promoting social comparison. What do you think this means and how are we tempted to engage in social comparison?
3. Have you noticed that people of faith are often happier than people without faith? Why do you think faith supports human happiness?
4. In what ways can the government promote happiness within the 4 pillars?