

## The Habits of Happiness (Philippians) Part 1

### GROW HEALTHY RELATIONSHIPS

#### 5 LAWS OF HAPPINESS

1. Don't Look For Happiness... Create It!
2. Happiness Isn't A Goal... It's The Result Of Right Thinking/Acting.
3. My Habits Create My Happiness.
4. Happiness Based On Happenings Is Only Temporary... But Happiness Built On Habits Is Long-Lasting.
5. Happy Habits Are As Addicting As Bad Habits.

Philippians 1:1-11

#### 1. BE GRATEFUL FOR THE PEOPLE IN MY LIFE

*"Every time I think of you, I give thanks to my God." Phil. 1:3 (NLT)*

*"I thank God for the help you gave me..." Phil. 1:5 (NCV)*

HH: REMEMBER THE BEST AND FORGET THE REST

#### 2. PRAY WITH JOY FOR THE PEOPLE IN MY LIFE

*"I always pray for you, and I make my requests with a heart full of joy..." Phil. 1:4 (NLT)*

HH: Quickest way to change a bad relationship to good: START PRAYING FOR THEM

*"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ – to the glory and praise of God." Phil. 1: 9-11 (NIV)*

Pray they will ...

- Grow In Love

*"that your love will grow more and more" vs. 9 (NCV)*

- Make Wise Choices

*"that you will fully know and understand how to make the right choices." vs. 9b-10a (CEV)*

- Live With Integrity

*"that you may live pure and blameless lives until Christ returns"* vs. 10b (NLT)

- Become Like Jesus

*"that you will be filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."* vs. 11 (NIV)

*"The Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Gal.5:22-23*

### 3. EXPECT THE BEST FROM PEOPLE IN MY LIFE

*"I am confident of this, that God who began a good work in you will carry it on to completion until the day of Christ Jesus."* Phil. 1:6

HH: CELEBRATE HOW FAR PEOPLE HAVE COME RATHER THAN JUDGING HOW FAR THEY STILL HAVE TO GO

*"It is right for me to feel this way about all of you, since I have you in my heart."*  
Phil. 1:7 (NIV)

### 4. LOVE THE PEOPLE IN MY LIFE LIKE JESUS DOES

*"God is my witness that I tell the truth when I say that my deep love for you all comes from the heart of Christ Jesus himself."* Phil. 1:8 (TEV)

*"This is how we know what real love is: Christ gave his life for us. So we then, ought to give our lives for others." 1 John 3:16 (TEV)*