

Cultivating Happiness

Sermon Series: The Habits of Happiness (Philippians 3:1-21)

MY _____ SHOULD BE DRIVEN BY MY _____,
NOT MY _____.

Rejoice in the _____!

_____ in what God _____.

_____ with God in what he
_____.

_____ what God _____ to
do.

REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in scripture. Each questions is meant for both personal reflection and as a catalyst for discussion with your family, friend, or REALife Group.

When do I rejoice? When something goes "right," do I rejoice? When something goes "wrong," do I rejoice?

Who gets the glory of my joy?

Think of times that God has shown up. Rejoice. Think of times you didn't realize God was showing up. Rejoice.

Take a real amount time (Like, really think about it!) to remember what God has done for you. Rejoice.

Pray and seek God asking to see what he sees and to have opportunities to join him in his work around you. Rejoice and record when your prayers are answered.

Use the Bible to feed your desire for God by searching out the things he has promised he will do. Get EXCITED. Rejoice! Use the Bible **and** your brain **not** just your brain. Actually find truth, don't just make up non-biblical expectations in your head.

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**MY HAPPINESS SHOULD BE DRIVEN BY MY HABITS,
NOT MY CIRCUMSTANCES.**

Rejoice in the Lord!

Relax in what God has done.

Work with God in what he is doing.

Anticipate what God is going to do.

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