

# GROW HEALTHY RELATIONSHIPS

*Sermon Series: The Habits of Happiness (Philippians)*

**Philippians 1:1-11**

**MY HAPPINESS IS DRIVEN BY MY HABITS NOT MY CIRCUMSTANCES.**

## **GROW HEALTHY RELATIONSHIPS**

*4 Relational Habits - I Must...*

- ❶ **BE GRATEFUL FOR THE PEOPLE IN MY LIFE.**  
*(Phil 1:3,5)*
  
- ❷ **PRAY WITH JOY FOR THE PEOPLE IN MY LIFE.**  
*(Phil 1:4, 9-11)*
  
- ❸ **EXPECT THE BEST FROM PEOPLE IN MY LIFE.**  
*(Phil 1:6,7)*
  
- ❹ **LOVE THE PEOPLE IN MY LIFE LIKE JESUS DOES.**  
*(Phil 1:8)*

**THIS IS ONLY A GUIDE – SELECT THE POINTS YOU WANT TO DISCUSS.**

*“Every time I think of you, I give thanks to my God.”*

Philippians 1:3 (NLT)

1. Paul reveals one of his personal habits for developing healthy relationships. What can we glean from Paul’s model in building happy and enduring relationships? Discuss the challenge and choice to be thankful “every time” for the people in our lives. What strategies would help you develop this habit?

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

2. In spite of having gone through many hardships and trials during Paul’s visit to Philippi, why does he choose to write about his gratitude for the Philippians and not dwell on painful memories? Is there someone in your life you need to “remember the best and forget the rest?” Share a time you were able to do this successfully. How did it go?

*“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.”* Philippians 1:6

3. Research confirms the influence of others’ expectations upon us. Keep the above scripture in mind and answer the following: how do you feel when someone (1) tells you they believe in you; (2) provides a positive vision of how they see you; and (3) is patient allowing you time to mature? “Acceptance precedes transformation.” If we expect the best and “celebrate how far people have come, we will avoid 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.”* Philippians 1:7 (NIV)

4. Paul exposes his heart and the key to his patience. What are we really saying when we tell someone, “You don’t understand me?” Discuss strategies for learning to empathize with others rather than “fixing” them.

### **Diving Deeper (optional)**

*I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ’s return. May you always be filled with the fruit of your salvation—the righteous character produced in your life by Jesus Christ—for this will bring much glory and praise to God. Philippians 1:9-11*

5. Another habit for growing healthy relationships is to pray joyfully for the people in our lives. The quickest way to change a bad relationship to good is to start praying for that person. If you’re not sure how, follow Paul’s model. Pray they will grow in love, make wise choices, live with integrity, and become like Jesus. How can we develop a habit of praying joyfully for people—*especially* when they annoy us?

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**KEY IDEA: MY \_\_\_\_\_ IS DRIVEN BY MY \_\_\_\_\_.**

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③ \_\_\_\_\_ FROM PEOPLE IN MY LIFE.

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④ LOVE THE PEOPLE IN MY LIFE \_\_\_\_\_.

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