

HAPPINESS CAN BE LEARNED

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

Philippians 2:19-30

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

HOW LEARN HAPPINESS

4 Choices You Can Make Today

❶ SHIFT THE FOCUS AWAY FROM YOURSELF.

(Phil 2:20-21, 2:4)

❷ BECOME SOMEONE THAT PEOPLE TRUST.

(Phil 2:22, Prov 25:13(MSG), Psalm 15:4(TEV))

✓ *Live With Integrity*

✓ *Keep Promises*

❸ LEARN HOW TO WORK WELL WITH OTHERS.

(Phil 2:25, Matt 5:9 (MSG), Phil 2:25-26 (NCV), 1 Cor 1:10 (MSG))

✓ *Learn To Cooperate*

✓ *Learn To Be Considerate*

❹ LIVE FOR SOMETHING WORTH DYING FOR.

(Phil 2:27, 30 (NLT), Mark 8:35 (LB))

REALife Application

QUICK REVIEW - Looking back over your sermon notes, which particular point or passage of Scripture most challenged, confused or caught your attention?

1. Look up Philippians 2:20-21 in several Bible translations. How do these explain why Timothy is “like no one else”?
2. In order to be happier, we must learn to shift our focus outward. How would your perspective change if you asked yourself, “Who here needs my help?” every time you walked into a room?

“Only those who give away their lives for my sake and for the sake of Good News will ever know what it means to really live.” Mark 8:35 LB

3. To be happy, we need to live for something worth dying for. According to Mark 8:35, what does it mean to “give away” your life? Give some examples of people you know who have put service (to God or to others) before their own security—a friend, a mentor, a family member, a minister. How did their life impact you?
4. Many of us commit big amounts of time to small causes rather than investing in something that will outlast us. What small causes have you wasted time on? Ask yourself: 1) What commitment have I made that I need to complete? 2) Is my commitment to Christ big enough to risk anything? If you feel comfortable, share with your group. Take time to pray, asking God to help you turn your good intentions into action.

Diving Deeper (optional)

1. Another quality required to be happy is to become someone people trust. Timothy was a proven servant who developed a reputation built on integrity and who kept his promises (his actions matched his words, no matter the cost). From Paul’s comments regarding Timothy’s trustworthy character (Philippians 2:20), what can we conclude about the life choices Timothy made? How can we become trustworthy? Who do you trust and why?
2. Learning to work well with others is critical to becoming happy. Based on 1 Corinthians 1:10, what does Paul say is essential for being a team player? Discuss ways to build these characteristics into your small group.

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- ❶ SHIFT THE _____ AWAY FROM _____.
(Phil 2:20-21, 2:4)

- ❷ BECOME SOMEONE THAT _____.
(Phil 2:22, Prov 25:13(MSG), Psalm 15:4(TEV))

✓ Live With _____

✓ Keep _____

- ❸ LEARN HOW TO _____ WELL WITH _____.
(Phil 2:25, Matt 5:9 (MSG), Phil 2:25-26 (NCV), 1 Cor 1:10 (MSG))

✓ Learn To _____

✓ Learn To Be _____

- ❹ LIVE FOR SOMETHING WORTH _____.
(Phil 2:27, 30 (NLT), Mark 8:35 (LB))

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