

HOW TO KEEP YOUR HEART HAPPY

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

Philippians 2:12-18

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

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5 Things To Do

❶ REMEMBER GOD IS WITH ME, IN ME, & FOR ME!
(Phil 2:13, John 14:18-20, Romans 8:31 NCV)

❷ BE GRATEFUL AND NEVER GRUMBLE.
(Phil 2:14-15a, 1 Thess 5:18, Matt 12:36 NLT)

❸ KEEP YOUR CONSCIENCE CLEAR.
(Phil 2:15, Psalm 119:1-2 NCV, PSALM 32:1-2)

❹ MEMORIZE GOD'S WORD AND LIVE IT.
(Phil 2:16, Psalm 119:16 GW, Psalm Psalm 119:35 NLT)

❺ SERVE GOD BY SERVING OTHERS.
(Phil 2:17-18 NCV, Ezek 36:26 LB, Acts 4:12 TEV)

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. Read 1 Thessalonians 5:18. What is the difference between giving thanks *in* everything versus giving thanks *for* everything?
2. When people are facing challenges in their lives, in what ways can they relieve their frustration without complaining? *Philippians 2:14-15a*
3. Often when we complain or argue, we waste time and energy. What are some other benefits of going through difficult circumstances without grumbling or arguing?

“Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood as a sacrifice, I will be happy and full of joy. And you should be happy and full of joy with me too!”
Philippians 2:17-18 (NCV)

4. In Philippians 2:17-18 Paul states that his sacrifice in serving God will make him happy and full of joy. If we believe that sacrifice in serving others makes us happy, why don't we do it?

Diving Deeper (optional)

1. Read John 14:20 & Romans 8:31. We can't be happy if we're afraid of being alone or abandoned, but it's clear from these verses that we have God's constant support. What does Jesus "in you" and "for us" look like and feel like in your life? What should it be like?
2. Meditating on God's Word is one of Paul's antidotes to loss of happiness, but what is the practical meaning of "meditate" in a person's life? What do we have to do to meditate on God's Word?
“Happy are those who live pure lives, who follow the Lord's teaching, keep his rules, and who try to obey him with their whole heart.” Psalm 119:1-2
3. One of the exercises outlined by Paul in Philippians 2:12-18 is to keep our consciences clear. What specific actions can we take to keep our consciences clear? What prevents us from taking these actions?

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