

DISCOVERING HAPPINESS

Stressed – Part 2

ON TV: If we only face life with a short-term perspective we're not going to keep going strong. But if we want to be like Jesus, **we look past the pain to the promise.**

ON TV: "16 *This is why we never give up...our spirits are being renewed every day.* 17 *Our present troubles are small and won't last very long. Yet they produce for us an immeasurably great glory that will last forever!* 18 *So, we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*"
2 Corinthians 4:16-18

ON TV:

- Live **your best life** now.
- Live **your truth.**
- You **do you.**
- Don't dream your life, **live your dream.**
- Life is short, **live it up.**
- Be the **best version of you.**
- Live the life **you think you deserve.**
- Live life to the fullest, because **it only happens once.**
- Your **only limit** is your mind.
- No one is you and that's **your power.**

ON TV/OUTLINE: "**Whatever happens**, conduct yourselves in a manner worthy of the Good News of Christ!"
Philippians 1:27

ON TV: Do you want to **stay unhappy**?

ON TV: God says that happiness is a **choice**. It's not based on circumstances; it's based on choices.

ON TV: Happiness is not something we **look** for. Happiness is something **we create** and something **we choose**.

ON TV: **When** and **then** thinking

ON TV: If we don't know how to **choose** happiness right now, in spite of our circumstances and the pain, pressures, people and problems that we blame for our unhappiness, **then we will never really be happy for the long-term.**

ON TV/OUTLINE: #1. God can **BRING GOOD** out of anything.

ON TV/OUTLINE: "**We know that in all that happens God works for the good of those who love him and are called according to his purpose.**" Romans 8:28

ON TV/OUTLINE: "**I will** praise the Lord **no matter** what happens." Psalm 34:1

ON TV: How do we **consistently make the decision** to praise God, even in bad circumstances?

ON TV: By **learning to look** at everything in our life from **God's perspective**, not our own.

ON TV: **Wisdom**

ON TV/OUTLINE: "**I want you to know, brothers and sisters, that everything that has happened to me has helped to spread the Good News.**" Philippians 1:12

ON TV: If we want to be authentically happy, we must face every situation, whether it's people, pain, problems, or pressures, with **faith** not fear.

ON TV: "God, help me to see this situation from **your perspective**. Help me to face this problem **with faith not fear**. In Jesus' name, Amen."

ON TV: It's an **opportunity to show** people who don't know Christ personally, who God really is.

ON TV/OUTLINE: "Everyone here, including all the soldiers in the palace guard, knows that I am in chains **because of Christ**." *Philippians 1:13*

ON TV: It's an **encouragement** to other Christ Followers.

ON TV/OUTLINE: "And because of my imprisonment, many believers here have **gained confidence** and been **encouraged to speak fearlessly** in telling others about Christ." *Philippians 1:14*

ON TV/OUTLINE: #2. Never let others control our **ATTITUDE** by their words or actions.

ON TV: Critics, Companions, Competitors, and Challengers

ON TV: "It's true that some others preach Christ because they are **jealous** of us, and they like to **argue**." *Philippians 1:15*

ON TV: We don't need other people's **approval** or **permission** to be happy.

ON TV: "Other people preach from **genuine good will**. These do so out of **love**, and they know God's given me the work of defending the gospel." *Philippians 1:16*

ON TV: "Others preach Christ **insincerely** from a spirit of **selfish ambition**." *Philippians 1:17a*

ON TV: Happiness is a **choice**.

ON TV: "Others just want to **stir up more trouble** for me and **add to my pain** while I am in prison." *Philippians 1:17b*

ON TV: **Gossip**

ON TV/OUTLINE: "What others do doesn't really matter! The important thing is that in every way, whether for right or wrong reasons, the message of Christ is being shared! I am **happy**, and I will **continue to be happy!**" *Philippians 1:18*

ON TV/OUTLINE: "**Be fearless, no matter who opposes you**. It will be a sign to them of their downfall, that God is with you, and that he will save you." *Philippians 1:28*

ON TV: "11 Blessed are you, when men shall revile you and persecute you and say all manner of evil against you falsely, for my sake. 12 **Rejoice and be exceeding glad** for great is your reward in heaven, for so persecuted they the prophets who were before you." *Matthew 5:11-12*

ON TV/OUTLINE: "29 For you have been given not only the **privilege of trusting in Christ** but also **the privilege of suffering for him**. 30 We are in this fight together. You have seen me suffer for him in the past, and you know that I am still in the midst of a great struggle." *Philippians 1:29-30*

ON TV: If we gain our happiness from the approval of other people, **we will become wounded emotionally** by their disapproval.

ON TV: We are as happy as we **choose** to be.

ON TV: "No matter what happens, **always be thankful**, for this is **God's will** for you who belong to Christ Jesus." *1 Thessalonians 5:18*

ON TV:

- #1: Remember that God can **bring good** out of anything. So, we look at the situation **with faith**, not fear.
- #2: We never let what other people say or what other people do **control our attitude**.

ON TV/OUTLINE: #3. Trust God to always **WORK** things out.

ON TV/OUTLINE: “*I will continue to rejoice, for I know that as you pray for me and as the Spirit of Jesus Christ helps me, all that’s happened will all turn out for my deliverance.*” Philippians 1:19

ON TV:

- If we have **God’s perspective** on our problem, that helps us to be happy.
- We have people **praying for us**.
- We have the Holy Spirit of God **living within us** if we are Christ Followers.
- We have the faith that God will **work it out for good**.

ON TV/OUTLINE: “*It is my eager expectation and hope that I will not be at all ashamed, but that with full courage, now as always, Christ will be honored in my body, whether by life or by death!*” Philippians 1:20

ON TV/OUTLINE: “*Do not let your happy trust in the Lord die away, no matter what happens. Remember your reward!*” Hebrews 10:35

ON TV/OUTLINE: #4. Stay focused on God’s **PURPOSE** for our life not our problem.

ON TV/OUTLINE: “*22 If by continuing to live I can do more worthwhile work for Christ, then I am not sure which I should choose. 23 I’m pulled in two directions! I want very much to leave this life and be with Christ, which is a far better thing; 24 but for your sake it is much more important that I remain alive. 25 I am sure of this, so I know that I will stay on with you all, so I can add to your progress and joy in the faith.*” Philippians 1:22-25

ON TV: We’re not ready to **fully live** until we know clearly what we would be willing to **die** for.

ON TV: Happiness does not come from **self-gratification** or living for **ourselves**. Happiness comes from **self-sacrifice**, living for the glory of God and serving others.

ON TV/OUTLINE: “*For me to live is Christ and to die is gain!*” Philippians 1:21

ON TV: For me to live is _____

ON TV: How you complete that sentence **will determine your happiness** for the rest of your life.

ON TV: For me to live is **Christ**.