

HOW TO KEEP YOUR HEART HAPPY

The Habits of Happiness: Part 4

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Philippians 2:12-18

*“Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to **WORK OUT** your salvation with fear and trembling, for it is God who **WORKS IN** you to will and to act in order to fulfill his good purpose.”
(Philippians 2:12–13, NIV)*

“God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.” (Ephesians 2:8–9, NLT)

FIVE WORKOUTS FOR A HAPPY HEART

1. REMEMBER GOD IS WITH ME.

“For God is at work within you, helping you want to obey him, and then helping you do what he wants.” (Philippians 2:13, The Living Bible)

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.” (Psalm 23:4, NLT)

“...If God is for us, no one can defeat us.” (Romans 8:31, NCV)

2. TURN MY ATTITUDE INTO GRATITUDE.

“Do everything without complaining and arguing,” (Philippians 2:14, NLT)

FOUR KINDS OF COMPLAINERS

- Whiners
- Martyrs
- Cynics
- Perfectionists

“I promise you that on the day of judgment, everyone will have to account for every careless word they have spoken.” (Matthew 12:36, CEV)

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” (1 Thessalonians 5:18, NLT)

3. KEEP MY CONSCIENCE CLEAR.

“...You are to live clean, innocent lives as children of God in a dark world full of people who are crooked and stubborn. Shine out among them like beacon lights,” (Philippians 2:15, The Living Bible)

“Happy are those who live pure lives...” (Psalm 119:1–2, NCV)

“What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record.” (Psalm 32:1, The Living Bible)

4. PUT GOD’S WORD IN MY HEART.

“Hold firmly to the word of life; then, on the day of Christ’s return, I will be proud that I did not run the race in vain and that my work was not useless.” (Philippians 2:16, NLT)

“Your laws make me happy. I never forget your word.” (Psalm 119:16, GW)

“Make me walk along the path of your commands, for that is where my happiness is found.” (Psalm 119:35, NLT)

ACTION: CLASS 201

5. SOFTEN MY HEART THROUGH SERVICE.

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

“...I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!” (Matthew 25:40, NLT)

“For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.” (Matthew 20:28, NLT)

ACTION: SIGN UP TO SERVE!

THE CURE FOR CARDIOMYOPATHY

“And I will give you a new heart—I will give you new and right desires—and put a new spirit within you. I will take out your stony hearts of sin and give you new hearts of love.” (Ezekiel 36:26, The Living Bible)

“Salvation is to be found through him alone; in all the world there is no one else whom God has given who can save us.” (Acts 4:12, GNB)

ACTION: CLASS 101