

# HAPPINESS CAN BE LEARNED

## The Habits of Happiness: Part 5

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Philippians 2:19-30

HAPPY QUALITIES	UNHAPPY QUALITIES

### **TO BE HAPPY I MUST LEARN TO:**

#### **1. CHANGE MY FOCUS**

*“I have no one else like Timothy, who genuinely cares about your welfare. All the others care only for themselves and not for what matters to Jesus Christ.” (Philippians 2:20–21, NLT)*

*(Ph) “...they are all wrapped up in their own affairs...”*

*“Don’t be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.” (Philippians 2:4, The Message)*

#### **2. BE THE REAL DEAL**

*“But you know that Timothy has proved himself. He has served with me like a son with his father in spreading the good news.” (Philippians 2:22, NIV)*

- **LIVE WITH INTEGRITY**

*“Reliable friends who do what they say are like cool drinks in sweltering heat—refreshing!” (Proverbs 25:13, The Message)*

*“Honest people will lead a full, happy life. But if you are in a hurry to get rich, you are going to be punished.” (Proverbs 28:20, GNB)*

- **KEEP MY PROMISES**

*“And they keep their promises, no matter what the cost.” (Psalm 15:4, CEV)*

#### **3. WORK WELL WITH OTHERS**

*“Meanwhile, I thought I should send Epaphroditus back to you. He is a true brother, co-worker, and fellow soldier. And he was your messenger to help me in my need.” (Philippians 2:25, NLT)*

- **LEARN TO COOPERATE**

*“You’re blessed when you can show people how to cooperate instead of compete or fight.”  
(Matthew 5:9, The Message)*

- **LEARN TO BE CONSIDERATE**

*“[Epaphroditus] has been longing for all of you and is troubled because you heard that he was sick.” (Philippians 2:25–26, ISV)*

*“You must get along with each other. You must learn to be considerate of one another, cultivating a life in common.” (1 Corinthians 1:10, The Message)*

*“I don’t just do what is best for me; I do what is best for others so that many may be saved.”  
(1 Corinthians 10:33, NLT)*

**4. LIVE FOR SOMETHING WORTH DYING FOR**

*“And [Epaphroditus] certainly was ill; in fact, he almost died. ....“For he risked his life for the work of Christ, and he was at the point of death while doing for me what you couldn’t do from far away.” (Philippians 2:27, 30, NLT)*

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

The quality I need to develop is: \_\_\_\_\_