

# GROW HEALTHY RELATIONSHIPS

The Habits of Happiness: Part 1

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## THREE FACTS ABOUT HAPPINESS

1. TRUE HAPPINESS ISN'T BASED ON MY HAPPENINGS.
2. HAPPINESS IS A RESULT OF RIGHT CHOICES.
3. PERSISTENT HAPPINESS IS A RESULT OF HABITS.

### **Philippians 1:1–11 (NLT)**

*This letter is from Paul and Timothy, slaves of Christ Jesus. I am writing to all of God's holy people in Philippi who belong to Christ Jesus, including the elders and deacons. <sup>2</sup> May God our Father and the Lord Jesus Christ give you grace and peace. <sup>3</sup> Every time I think of you, I give thanks to my God. <sup>4</sup> Whenever I pray, I make my requests for all of you with joy, <sup>5</sup> for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. <sup>6</sup> And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. <sup>7</sup> So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favor of God, both in my imprisonment and in defending and confirming the truth of the Good News. <sup>8</sup> God knows how much I love you and long for you with the tender compassion of Christ Jesus. <sup>9</sup> I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. <sup>10</sup> For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. <sup>11</sup> May you always be filled with the fruit of your salvation—the righteous character produced in your life by Jesus Christ—for this will bring much glory and praise to God.*

## RELATIONAL HABITS OF HAPPINESS

1. I MUST BE GRATEFUL FOR THE PEOPLE IN MY LIFE.

*"I thank my God every time I remember you...I thank God for the help you gave me while I preached the Good News..." (Philippians 1:5, NCV)*

**ACTION:** Send at least one THANK YOU card this week!

2. PRAY FOR THE PEOPLE IN MY LIFE.

*"And whenever I mention you in my prayers, it makes me happy." (Philippians 1:4, CEV)*

*"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God." (Philippians 1:9–11, NIV)*

**Pray they will...**

- GROW IN LOVE
- MAKE WISE CHOICES
- LIVE WITH INTEGRITY
- BECOME LIKE JESUS

*“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control...” (Galatians 5:22–23, NIV)*

**ACTION:** Pray for your “enemy” for 30 days!

### 3. EXPECT THE BEST FROM PEOPLE IN MY LIFE.

*“being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Philippians 1:6, NIV)*

**How to bring out the best**

- Believe in them.
- Challenge them.
- Be patient with them.

*“So it is right that I should feel as I do about all of you, for you have a special place in my heart...” (Philippians 1:7, NLT)*

**ACTION:** Identify 1 person that you need to work on bringing out their best.

### 4. LOVE THE PEOPLE IN MY LIFE LIKE JESUS DOES.

*“God is my witness that I am telling the truth when I say that my deep feeling for you all comes from the heart of Christ Jesus himself.” (Philippians 1:8, GNB)*

*“This is how we know what love is: Christ gave his life for us. We too, then, ought to give our lives for our brothers and sisters!” (1 John 3:16, GNB)*

**ACTION:**  
Get in a Small Group!  
Grab the READING PLAN!

**LAST THOUGHT**  
IT IS IMPOSSIBLE TO BE A HAPPY HERMIT.