

THREE KEYS TO HAPPINESS

Philippians: Part 1

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3 Keys to happiness in any situation.

1. **REMEMBER** who's been with you.

"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now," (Philippians 1:3–5, NIV84)

"It is right for me to feel this way about all of you, since I have you in my heart; for whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. God can testify how I long for all of you with the affection of Christ Jesus." (Philippians 1:7–8, NIV84)

"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 until 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, NIV84)

NEXT STEP:

Get Your Small Group Together

2. **PARTICIPATE** in a mission that's bigger than you.

"And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ. And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear." (Philippians 1:12–14, NLT)

"It's true that some are preaching out of jealousy and rivalry. But others preach about Christ with pure motives. They preach because they love me, for they know I have been appointed to defend the Good News. Those others do not have pure motives as they preach about Christ. They preach with selfish ambition, not sincerely, intending to make my chains more painful to me. But that doesn't matter. Whether their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice." (Philippians 1:15–18, NLT)

“For to me, living means living for Christ, and dying is even better. But if I live, I can do more fruitful work for Christ. So I really don’t know which is better. I’m torn between two desires: I long to go and be with Christ, which would be far better for me. But for your sakes, it is better that I continue to live.” (Philippians 1:21–24, NLT)

NEXT STEP:

Step Up in Serving

Join The New ESL Team

3. GUARD your unity.

“Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ. Then, whether I come and see you again or only hear about you, I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News.” (Philippians 1:27, NLT)

“Don’t be intimidated in any way by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself. For you have been given not only the privilege of trusting in Christ but also the privilege of suffering for him. We are in this struggle together. . .” (Philippians 1:28–30a, NLT)

NEXT STEP:

Practice Pausing and Praying