

**FIVE DAILY HABITS FOR HAPPINESS**  
**Don't Worry, Be Happy**  
**Mark Phillips**  
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1. **Relax** in God's **grace**

*"We Christians glory in what Christ Jesus has done for us and realize that we are helpless to save ourselves." Philippians 3:3*

➤ The Trap = **Legalism**

*"though I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more! I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin-a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault." Philippians 3:4-6*

*"I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith." Philippians 3:9*

2. **Remember** what **matters** most

*"I once thought these things were valuable, but now I consider them worthless because of what Christ has done." Philippians 3:7*

➤ The Trap = **Popular Culture**

*"Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ." Philippians 3:8*

3. Get to know **Jesus** better

*"I want to know Christ and the power that raised him from the dead. I want to share in his sufferings and become like him in his death. Then I have hope that I myself will be raised from the dead." Philippians 3:10-11*

➤ The Trap = **Busyness**

4. **Review** where I need to **grow**

*"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24*

*"I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it" Philippians 3:12-13*

➤ The Trap = **Pride**

*"Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it." 2 Corinthians 13:5*

5. **Forget** what can't be **changed** and **focus** on the **future**

*"I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us." Philippians 3:13-14*

➤ The Trap = **Regret**

➤ The Trap = **Resentment**

➤ The Trap = **Tradition**

*"Forget the former things and do not dwell on the past. See I am doing a new thing!" Isaiah 43:18-19*

*GodIsAmazing2021#\$\$#*