

Grow Healthy Relationships
Don't Worry, Be Happy
Discover Church
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June 27, 2021

Truths about Happiness

1. Don't look for happiness; create it.
2. Happiness is not a goal. It is a result.
3. My habits create my happiness.
4. Happiness based on happenings is temporary. But happiness built on habits is long lasting.
5. Happy habits are as addicting as bad habits, but they are a whole lot more rewarding.

GROW HEALTHY RELATIONSHIPS

“Paul and Timothy, servants of Christ Jesus, To all God’s holy people in Christ Jesus at Philippi, together with the overseers and deacons: Grace and peace to you from God our Father and the Lord Jesus Christ. 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, 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. It is right for me to feel this way about all of you, since I have you in my heart and, 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. 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 1:1-11

1. Be **Grateful** for the people in my life

“Every time I think of you, I give thanks to my God.” Philippians 1:3

“I thank God for the help that you gave me.”

Key to happiness: Remember the best and forget the rest.

2. Pray **Joyfully** for the people in my life

“In all my prayers for all of you, I always pray with joy.” Philippians 1:4

Key to Happiness: The quickest way to change a bad relationship to a good one, start praying for them.

“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

Pray they will:

- Grow in Love
- Make Wise Choices
- Live with Integrity
- Become like Jesus

“That you will be filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God.” Philippians 1:11

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Galatians 5:22-23

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

Key to Happiness: Celebrate how far people have come rather than judging them for how much they still have to go

“It is right for me to feel this way about all of you, since I have you in my heart.” Philippians 1:7

4. Love people in my life **like Jesus does**

“God is my witness that I tell the truth when I say that my deep love for you, my deep love for you all comes from the heart of Christ Jesus himself.” Philippians 1:8

“This is how we know what real love is. Christ gave his life for us. So, then we ought to give our lives for others.” 1 John 3:16

Key to Happiness: Share the good news of Jesus love for them