

**How to Have a Happy Heart  
Heart  
Discover Church  
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Wilderness Syndrome

*“The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. <sup>2</sup> In the desert the whole community grumbled against Moses and Aaron. <sup>3</sup> The Israelites said to them, “If only we had died by the Lord’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.” Exodus 16:1-2*

*“Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, <sup>13</sup> for it is God who works in you to will and to act in order to fulfill his good purpose.” Philippians 2:12-13*

**Five Workouts for a Happy Heart**

1. Remember that God is **with** me, he’s **in** me and he’s **for** me

*“For God is always working in you, giving you both the desire to obey him and the power to do what pleases him.” Philippians 2:13*

*“I will not leave you as orphans; I will be with you... and you will realize that... you are in me, and I am in you.” John 14:18-20*

*“If God is for us, who can defeat us?” Romans 8:31*

2. Be **grateful** and never **grumble**

*“Do everything without grumbling or arguing, <sup>15</sup> so that you may become blameless and pure. Philippians 2:14-15*

*“In everything give thanks; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:18*

3. Keep my **conscience** clear.

*“You are to live clean and pure lives as children of God in a broken and corrupted generation. You are to shine like stars, lighting up a dark world.” Philippians 2:15*

*“Happy are those who live pure lives, who follow the Lord’s teaching, keep his rules, and try to obey him with their whole hearts.” Psalm 119:1-2*

*“What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record.” Psalm 32:1*

4. **Memorize** God’s Word and **live** it.

*“Hold tightly to the Word of Life.” Philippians 2:16*

*“Your principles make me happy; so I never forget your Word.” Psalm 119:16*

*“Lead me in the path of your commands, because that is where my happiness is found.” Psalm 119:35*

5. Use my life to **serve** God by **serving** others

*“Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood with your sacrifice, I will be happy and full of joy with all of you. <sup>18</sup> You also should be happy and full of joy with me.” Philippians 2:17-18*

*“I will give you a new heart with a new and right desire, and I will put a new spirit within you. And I will take out your heart hardened by sin and I’ll give you a new heart of love.” Ezekiel 36:26*

*“Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.” Acts 4:12*