

HABITS THAT LEAD TO HAPPINESS

How Happiness is Learned, Part 1 and 2

Philippians 2:19-30

7-19-20 and 7-26-20

Philippians 2:19-30- I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. ²⁰ I have no one else like him, who takes a genuine interest in your welfare. ²¹ For everyone looks out for his own interests, not those of Jesus Christ. ²² But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. ²³ I hope, therefore, to send him as soon as I see how things go with me. ²⁴ And I am confident in the Lord that I myself will come soon. ²⁵ But I think it is necessary to send back to you Epaphroditus, my brother, fellow worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. ²⁶ For he longs for all of you and is distressed because you heard he was ill. ²⁷ Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. ²⁸ Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. ²⁹ Welcome him in the Lord with great joy, and honor men like him, ³⁰ because he almost died for the work of Christ, risking his life to make up for the help you could not give me.

- **Paul endorsed two men as _____.**

Timothy: I have no one else **like him!** vs. 20

Epaphroditus: Welcome him... HONOR men **like him** vs. 29

- **Paul said sending these men would _____!**

I'm sending (these men)...

so that **I may be CHEERED** vs. 19

so that **you may be GLAD** vs. 28

so that **I may have less ANXIETY** vs. 28b

WEEK 1

To be happy:...

1. Move the focus from _____.

Philippians 2:20-21 - I have no one else like him, who takes a genuine interest in your welfare. ²¹ For everyone looks out for his own interests, not those of Jesus Christ.

Philippians 2:20-21 - ... who really cares about you. ²¹ Everyone else is concerned only with their own affairs, not with the cause of Jesus Christ. (GNT)

...they are all wrapped up in their own affairs... (Ph)

Philippians 2:4 - Don't be so obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand. (MSG)

2. Be a person who _____.

Philippians 2:22 - But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel.

Philippians 2:20 - But you know what kind of person Timothy proved to be. (GW)

- **Live with** _____.

Proverbs 25:13 - **Reliable** friends **who do what they say** are like cool drinks in sweltering heat—refreshing! (MSG)

- **Keep my** _____.

Psalms 15:4 - They always do what they promise, no matter how much it may cost. (TEV)

WEEK 2

3. Learn to work _____.

- **Learn to** _____.

Philippians 2:25 - But I think it is necessary to send back to you Epaphroditus, my brother, fellow worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs.

Philippians 2:25 - ...he has **worked and fought by my side**. (GN)

Matthew 5:9 - Jesus: "You're blessed when you can show people **how to cooperate** instead of compete or fight." (MSG)

- **Learn to** _____.

Philippians 2:26 - But now, I must send him back to you, **because he longs** to see all of you, and has **been worried about your distress** since you heard that he was sick. (NCV)

1 Corinthians 1:10- You must get along with each other! You must **learn to be considerate** of one another, **cultivating a life in common.** (MSG)

1 Corinthians 10:33- I don't just do what I like or what is best for me, but what is best **for everyone** so they may be saved. (NLT)

4. Live for something _____.

Philippians 2:27, 30- Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. . . .
³⁰ because he almost died for the work of Christ, risking his life to make up for the help you could not give me.

Mark 8:35- "Only those who give away their lives for my sake and for the sake of the Good News will ever know what it means **to really live.**" (LB)