

# 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. <sup>20</sup> I have no one else like him, who takes a genuine interest in your welfare. <sup>21</sup> For everyone looks out for his own interests, not those of Jesus Christ. <sup>22</sup> 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. <sup>23</sup> I hope, therefore, to send him as soon as I see how things go with me. <sup>24</sup> And I am confident in the Lord that I myself will come soon. <sup>25</sup> 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. <sup>26</sup> For he longs for all of you and is distressed because you heard he was ill. <sup>27</sup> 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. <sup>28</sup> 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. <sup>29</sup> Welcome him in the Lord with great joy, and honor men like him, <sup>30</sup> 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

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## 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. <sup>21</sup> For everyone looks out for his own interests, not those of Jesus Christ.

*Philippians 2:20-21* - ... who really cares about you. <sup>21</sup> 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)

*Matthew 5:33-37* - “Again you have heard that it was said to those who lived long ago: Don’t make a false solemn pledge, but you should follow through on what you have pledged to the Lord. <sup>34</sup> But I say to you that you must not pledge at all. You must not pledge by heaven, because it’s God’s throne. <sup>35</sup> You must not pledge by the earth, because it’s God’s footstool. You must not pledge by Jerusalem because it’s the city of the great king. <sup>36</sup> And you must not pledge by your head, because you can’t turn one hair white or black. <sup>37</sup> Let your yes mean yes, and your no mean no. Anything more than this comes from the evil one.” (CEB)

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## 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.

*Matthew 5:9* - Jesus: “You’re blessed when you can show people **how to cooperate** instead of compete or fight.” (MSG) (outline reference only)

- 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)

*Proverbs 17:28* - Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

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. . . .  
<sup>30</sup> because he almost died for the work of Christ, risking his life to make up for the help you could not give me.

*Mark 8:34-37* - "If any of you wants to be my follower," he told them, "you must put aside your own pleasures and shoulder your cross, and follow me closely. <sup>35</sup> If you insist on saving your life, you will lose it. Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to **really live.** <sup>36</sup> "And how does a man benefit if he gains the whole world and loses his soul in the process? <sup>37</sup> For is anything worth more than his soul?" (TLB)