



GROW HEALTHY RELATIONSHIPS

The Habits of Happiness – Rick Warren
Parts 1-3

Philippians 1:1-11

1. _____ FOR THE PEOPLE IN MY LIFE

"Every time I think of you, I give thanks to my God." Philippians 1:3 (NLT)

"I thank God for the help you gave me." Philippians 1:5 (NCV)

HH: REMEMBER _____

2. _____ FOR THE PEOPLE IN MY LIFE

"I always pray for you, and I make my requests with a heart full of joy."
Philippians 1:4 (NLT)

HH: QUICKEST WAY TO CHANGE A BAD RELATIONSHIP TO GOOD:

"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 until 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 (NIV)

PRAY THEY WILL . . .

- _____
"That your love will grow more and more." vs. 9 (NCV)
- _____
"That you will fully know and understand how to make the right choices."
vs. 9-10 (CEV)
- _____
"That you may live pure and blameless lives until Christ returns." vs.10 (NLT)
- _____
"That you will be filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God." vs.11 (NIV)

"The Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23

3. _____ FROM PEOPLE IN MY LIFE

"I am confident of this, that God who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:6

HH: CELEBRATE _____ RATHER THAN
JUDGING _____

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

4. LOVE THE PEOPLE IN MY LIFE _____

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

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

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HOW TO BE HAPPY NO MATTER WHAT

The Habits of Happiness – Rick Warren
Parts 1-3

Philippians 1:12-30

"WHATEVER HAPPENS, conduct yourselves in a manner worthy of the Good News of Christ!" Philippians 1:27 (NIV)

NO MATTER WHAT HAPPENS, I CAN BE HAPPY IF I . . .

1.

(vs. 12-14)

"I want you to know, dear brothers and sisters, that EVERYTHING that has happened to me has helped to spread the Good News." Philippians 1:12 (NLT)

ANYTIME I FACE PROBLEMS IN FAITH . . .

- **IT'S A** _____

"For everyone here, including all the soldiers in the palace guard, knows that I am in chains because of Christ." Philippians 1:13 (NLT)

- **IT'S AN** _____

"And because of my imprisonment, many of the Christians here have gained confidence and become more bold in telling others about Christ."

Philippians 1:14 (NLT)

2.

(vs. 15-18)

CRITICS, COMRADES, COMPETITORS, & CONSPIRATORS:

"It's true that some preach Christ because they are jealous and quarrelsome. Others preach from genuine good will. These do so out of love, and they know God's given me the work of defending the gospel. Others preach Christ insincerely from a spirit of selfish ambition. Others just want to stir up more trouble for me, and add to my pain while I am in prison." Philippians 1:15-17 (GNT)

PAUL'S ATTITUDE:

"But it doesn't really matter! The IMPORTANT THING is that in every way, whether for right or wrong reasons, the message of Christ is being shared! SO I am happy, and I will continue to be happy!" Philippians 1:18 (NCV)

"Be fearless, no matter who opposes you. It will be a sign to them of their downfall, that God is with you, and that he will save you." Philippians 1:28 (NIV/TLB)

"For you have been given not only the privilege of trusting in Christ but also the privilege of suffering for him. We are in this fight together. You have seen me suffer for him in the past, and you know that I am still in the midst of a great struggle." Philippians 1:29-30 (NLT)

3.

(vs. 19-20)

"I will continue to rejoice, for I know that as you pray for me and as the Spirit of Jesus Christ helps me, all that's happened will all turn out for my deliverance." Philippians 1:19 (NLT)

"It is my eager expectation and hope that I will not be at all ashamed, but that with full courage, now as always, Christ will be honored in my body, whether by life or by death!" Philippians 1:20 (ESV)

4.

(vs. 21-25)

"If by continuing to live I can do more worthwhile work for Christ, then I am not sure which I should choose. I'm pulled in two directions! I want very much to leave this life and be with Christ, which is a far better thing; BUT for your sake it is much more important that I remain alive. I am sure of this, so I know that I will stay on with you all, so I can add to your progress and joy in the faith." Philippians 1:22-25 (GNT)

"For me to live is Christ and to die is gain!" Philippians 1:21 (NIV)

How YOU fill in the blank will determine your happiness:

FOR ME TO LIVE IS _____

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THE HUMBLE PATH TO HAPPINESS

The Habits of Happiness – Rick Warren
Parts 1-3

“Pride always leads to arguments.” Proverbs 13:10

PHILIPPIANS 2:1-11

- vs. 1-2 Happiness comes from Harmony
- vs. 3-5 Harmony comes from Humility
- vs. 6-11 Jesus modeled both

HARMONY CREATES HAPPINESS

“You will make my JOY COMPLETE by having the same mind, by sharing the same love, by being united in spirit, and intent on one purpose.” Philippians 2:2 (NAS)

HOW TO REDUCE CONFLICT WITH OTHERS

1.

“Don’t do anything from selfish ambition or from vain conceit.” Philippians 2:3

- **SELFISH AMBITION:**

“Wherever there’s jealousy or selfish ambition, you will find confusion and every other kind of evil.” James 3:16

“Our self-indulgent nature shows itself . . . in conflict, quarreling, jealousy, outbursts of anger, selfish ambition, causing divisions among people, and the feeling that everyone is wrong except those in your own little group.” Galatians 5:19-21

- **VAIN CONCEIT:**

“Don’t live to make a good impression on others.” (TLB)

“Don’t do anything from a cheap desire to boast.” (GNT)

2.

“Instead, be humble and give more honor to others than to yourself.” Philippians 2:3

“God opposes the proud but gives grace to the humble.” James 4:6

3.

“Don’t be interested only in your own life, but be interested in what concerns others too.” Philippians 2:4

Jesus: “If you want to be my disciple, you must deny yourself, take up your cross every day, and follow me.” Luke 9:23

4.

“Your attitude should be the same as that of Christ Jesus.” Philippians 2:5

ACTING LIKE JESUS MEANS . . .

-

“Though he was God, he did not demand and cling to his rights as God. He emptied himself of all he had.” Philippians 2:6

-

“Jesus took on the nature of a servant, becoming a human just like us.” Philippians 2:7

-

“While living as a man, Jesus humbled himself even more, by being fully obedient to God, even when that meant his death on a cross!”

Philippians 2:8 (NCV)

THE REWARD

“Because of this God exalted Jesus to the highest honor, and made his name great than every other name. That at the name of Jesus every knee will one day bow, in heaven and on earth and under the earth, and every tongue will confess that Jesus Christ is Lord, and give glory to God the Father.” Philippians 2:9-11

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HOW TO KEEP YOUR HEART HAPPY

The Habits of Happiness – Rick Warren
Parts 1-3

Philippians 2:12-18

FIVE WAYS WE OFTEN LOSE OUR HAPPINESS

1. Fearing that we're out there all on our own
2. Fretting and fighting over small stuff
3. Feeling guilty or ashamed
4. Forgetting what God has promised
5. Focusing only on ourselves

Antidote

- vs. 13
vs. 14
vs. 15
vs. 16
vs. 17-18

"You must continue to WORK OUT your salvation with fear and trembling, (with deep reverence & humility) for it is God who WORKS IN you to both to will and to act according to his good purpose." Philippians 2:12-13 (NIV)

5 WORKOUTS FOR A HAPPY HEART

1. REMEMBER GOD IS

"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 (NIV)

Jesus: *"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 (NIV)

"If God is FOR US, who can defeat us?" Romans 8:31 (NCV)

2.

"Do EVERYTHING without complaining or arguing, so that no one can speak a word of blame against you." Philippians 2:14-15

"In EVERYTHING give thanks: for this is God's Will for you in Christ Jesus."
1 Thessalonians 5:18

3.

"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 who try to obey him with their whole heart." Psalm 119:1-2 (NCV)

"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 32:1-2 (TLB)

4.

"Hold tightly to the Word of Life." Philippians 2:16

"Your principles make me HAPPY, so I NEVER FORGET your Word."
Psalm 119:16 (GW)

"Lead me in the path of your commands, because that is where my happiness is found." Psalm 119:35 (NLT)

5.

"Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood as a sacrifice, I will be happy and full of joy. And you should be happy and full of joy with me too!" Philippians 2:17-18 (NCV)

"Salvation can only be found in Jesus alone; in all the world there is no one else whom God has given who can save us." Acts 4:12 (GNT)

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HAPPINESS CAN BE LEARNED

The Habits of Happiness – Rick Warren
Parts 1-3

"I hope in the Lord Jesus to send Timothy to you soon, SO THAT I MAY BE CHEERED when I receive news about you. I have no one else like him, who takes a genuine interest in your welfare. For everyone else looks out for his own interests, not those of Jesus Christ. 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. I hope, therefore, to send him as soon as I see how things go with me. And I am confident in the Lord that I myself will come soon. But I think it is necessary to also 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. For he longs for all of you and is distressed because you heard he was ill. 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. 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. Welcome him in the Lord with great joy, and honor men like him, because he almost died for the work of Christ, risking his life to make up for the help you could not give me."
Philippians 2:19-30

- **PAUL ENDORSED TWO MEN AS ROLE MODELS**

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 BRING HAPPINESS!**

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. 28

"it will make me happy and lighten my cares" (TLB)

TO BE HAPPY

1.

"I have no one else like him, who takes a genuine interest in your welfare. For everyone else looks out for his own interests." Philippians 2:20-21

"He genuinely cares for you . . . others only care about themselves." (GNT)

"They are all wrapped up in their own affairs." (PHILLIPS)

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

2.

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

"You know what kind of person Timothy proved to be." (GW)

- ---

"Reliable friends who do what they say are like cool drinks in sweltering heat—refreshing!" Proverbs 25:13 (The Message)

- ---

"They always do what they promise, no matter how much it may cost."
Psalm 15:4 (GNT)

3.

 - ---

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

"He has worked and fought by my side." (GNT)

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

- ---

"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."
Philippians 2:26 (NCV)

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

"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." 1 Corinthians 10:33 (NLT)

4.

"Indeed he was very ill, and he almost died . . . he RISKED HIS LIFE for the work of Christ, and he was at the point of death while trying to do for me the things you couldn't do because you were far away!" Philippians 2:17, 30 (NLT)

"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." Mark 8:35 (TLB)

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FIVE DAILY HABITS FOR HAPPINESS

The Habits of Happiness – Rick Warren
Parts 1-2

Philippians 3:1-21

1. EVERY DAY: _____

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

*"We couldn't carry this off by our own efforts, and we know it!"
Philippians 3:3 (The Message)*

- **THE TRAP:** _____ (vs. 2-6)
Rituals – Race – Religion – Rules – Reputation

"In legalistic righteousness, I was faultless." Philippians 3:6

"But I no longer count on my own goodness or my ability to obey God's law. Instead I trust Christ to save me! For God's way of making us right with himself is through faith!" Philippians 3:9 (NLT)

2. EVERY DAY: _____

"All the things that I once thought were so important to me, I now consider worth nothing, because of Christ." Philippians 3:7

- **THE TRAP:** _____ (1 John 2:16)
*"Yes, everything else is worthless when compared with the priceless gain of knowing Christ Jesus my Lord. I have discarded everything else, counting it all as garbage, so that I may have Christ and become one with him."
Philippians 3:8 (NLT)*

3. EVERY DAY: _____

"I want to know Christ and the power of his resurrection and the fellowship of sharing in his suffering, becoming like him in his death so that somehow I also may be raised to life." Philippians 3:10-11

*"For my determined purpose is that I may know Christ—that I may progressively become more deeply and intimately acquainted with him, perceiving and recognizing and understanding him more strongly and more clearly."
Philippians 3:10 (AMP)*

- **THE TRAP:** _____
"Be still, and know that I am God." Psalm 46:10

4. EVERY DAY: _____

"I don't mean to say I am perfect. I still haven't learned all I should, but I keep working toward that day when I will finally be all that Christ saved me for and wants me to be. No, dear brothers, I am still not all I should be." Philippians 3:12-13 (TLB)

- **THE TRAP:** _____
"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 (The Message)

5. EVERY DAY: _____ **AND**

*"I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven."
Philippians 3:13-14 (NLT)*

- **THE TRAPS:** _____

"God says, 'Forget the former things and do not dwell on the past. See I am doing a new thing!'" Isaiah 43:17-18

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HOW TO KEEP FROM STRESSING OUT

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Parts 1-3

Philippians 4:6-13

"If you do THESE THINGS you will experience God's peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus." vs. 7 (TLB)

1.

"Never worry about anything." Philippians 4:6 (NLT)

JESUS SAID . . .

- **WORRY IS** _____

"Don't worry about your life, what you'll eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" Matthew 6:25

- **WORRY IS** _____

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" Matthew 6:26

"And why worry about clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was never clothed as beautifully as they." Matthew 6:28-29

- **WORRY IS** _____

"Who of you by worrying can add a single hour to his life?" Matthew 6:27

- **WORRY IS** _____

"If God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you, O you of little faith?" Matthew 6:30

"Unload all your worries on God since He is looking after you!" 1 Peter 5:7 (JB)

2.

"Never worry about anything. Instead in every situation let God know what you need in your prayers and requests." Philippians 4:6 (GW)

"You do not have, because you do not ask God." James 4:2

"Since God did not spare even his own Son but gave him up for us all, won't he who gave us Christ, also give us everything else we need?" Romans 8:32 (NLT)

3.

"When you ask God for what you need also thank him for all he's done." Philippians 4:6 (NLT)

"Always ask with a thankful heart." (GNT)

"In everything give thanks, for THIS is the will of God in Christ Jesus for you!" 1 Thessalonians 5:18

4.

"Fill your minds with those things that are true and good and right. Think about things that are pure and beautiful and respected. If anything is excellent or if anything is worthy of honor, think about those things." Philippians 4:8 (NCV/NAS)

"You Lord, will keep in perfect peace all who trust in you, and whose thoughts are fixed ON YOU!" Isaiah 26:3 (NLT)

5.

"I have learned to be content whatever the circumstances. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether I'm well-fed or hungry, when I have more than I need or when I don't have enough." Philippians 4:11-12 (TLB)

"Peace of mind makes the body healthy, but envy is like a cancer." Proverbs 14:30 (GNT)

"It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind." Ecclesiastes 4:6 (GNT)

HOW?

"I have the strength to face anything and everything by the power that Christ gives me." Philippians 4:13

"Obey God and be at peace with him; this is the way to happiness." Job 22:21 (NCV)

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