

Daily Habits That Result In Happiness

Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation (workout your salvation), obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. But I will rejoice even if I lose my life, pouring it out like a liquid offering to God just like your faithful service is an offering to God. And I want all of you to share that joy. Yes, you should rejoice, and I will share your joy. Philippians 2:12-18 (NLT)

FIVE DAILY HABITS THAT RESULT IN HAPPINESS:

1. I must remember that God is <u>in</u> me, <u>with</u> me, and <u>for</u> me. (I am never alone)

For God is working in you, giving you the desire and the power to do what pleases him (to do the right thing). (vs. 13)

...I will not abandon you as orphans—I will come to you. Soon the world will no longer see me, but you will see me. Since I live, you also will live. When I am raised to life again, you will know that I am in my Father, and you are in me, and I am in you. John 14:18-20 (NLT)

...If God is for us, who can be against us? Romans 8:31 (NIV)

2. I must intentionally practice speaking <u>Life</u>, <u>Joy</u>, and <u>Gratefulness</u>.

Do everything without complaining and arguing... (vs. 14)

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18 (NLT)

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. **Ephesians 4:29 (NLT)**

3. I must practice doing the right thing everyday.

Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. (vs. 15)

Happy are those who live pure lives, who follow the Lord's teaching. Happy are those who keep his rules, who try to obey him with their whole hearts. **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 (TLB)

4. I must place God's Truth in my mind daily.

Hold firmly to the **Word of Life... (vs. 16)**

Your principles make me happy; so I never forget your Word. Psalms 119:16 (GW)

5. I must intentionally serve **God** by serving others.

But I will rejoice even if I lose my life, pouring it out like a liquid offering to God just like your faithful service is an offering to God. And I want all of you to share that joy. (vs. 17)

Jesus said.. "It is more blessed (happy) to give than to receive." Acts 20:35 (NLT)

Going deeper on your own: With pen and paper in hand, look up the following passages: John 8:12, John 8:31-32, John 10:10, John 14:27-28, John 15:9-11, Matthew 6:33, Matthew 28:20, Ephesians 4:29, Matthew 25:40, and 1 Corinthians 15:58. Having read these passages, pick out the verses that have spoken to you the most. Write them out on a 3x5 card and place them somewhere you will see them at the beginning of each day. Intentionally set aside at least one day this week (individually or as a family) and choose to build up someone else's life by words, action, or both. Write Pastor Jay (Jay@CenterPointChurch.com) and let him know what you have chosen to do.