

# HOW TO KEEP YOUR HEART HAPPY

The Habits of Happiness (Philippians)

Part 4

PHILIPPIANS 2:12-18

FIVE WAYS WE OFTEN LOSE OUR HAPPINESS	Antidote
1. Fearing that we're out there all on our own	vs. 13
2. Fretting and fighting over small stuff	vs. 14
3. Feeling guilty or ashamed	vs. 15
4. Forgetting what God has promised	vs. 16
5. Focusing only on ourselves	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 both to will and to act according to his good purpose." Philippians 2:12-13*

## 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*

*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*

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

### 2. \_\_\_\_\_

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

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

*"I tell you this, that you will give an account on judgment day of every careless word you have spoken." Matthew 12:36*

### 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*

*"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*

### 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*

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

### 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*

*"I will give you a new heart with new and right desires, and I will put a new spirit in you. I will take out your heart hardened by sin and give you a new heart of love." Ezekiel 36:26*

*"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*

Next Sermon:  
**"HAPPINESS CAN BE LEARNED"**  
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