

Habits of Happiness Part 6

Happiness does not find us, we have to _____ happiness. Therefore, there are actions we can take to generate happiness in our lives.

“Happiness is not something you postpone for the future; it is something you design for the present.” Jim Rohm

Philippians 4:1–13

Positioning Our Lives for Happiness:

1. _____ in God’s goodness. Vs. 4

- The Apostle Paul directs or commands us to rejoice. He is not giving a suggestion as to how we should process life, but commanding us to an action that will result in happiness.

2. _____ in God’s provision. Vs. 6

- Rather than allowing worry to rob you of happiness, choose to worry about nothing and pray about everything.
- Philippians 4:19 – *“And my God will meet all your needs according to his glorious riches in Christ Jesus.”*

3. _____ in God’s peace. Vs. 6–7

- As we learn to rest in God’s peace we can discover happiness in even the most tumultuous, trying times of our lives.

4. _____ your thinking. Vs. 8

- “These minds of ours are like bank vaults awaiting our deposits. If we regularly deposit positive, encouraging, and uplifting thoughts, what we withdraw will be the same. And the interest paid will be joy.” Chuck Swindoll

5. _____ in your desires. Vs. 11–12

- Contentment is not based on circumstances. It’s enjoying what you have right now rather than waiting for something else to make you happy.

Answers: discover; Rejoice; Relax; Rest; Revise; Rein