

## Habits of Happiness Part 4

If we wait on perfect circumstances to be happy, we will go through most of our lives being unhappy. Happiness must be \_\_\_\_\_ as we process the highs and lows of life.

"I am determined to be happy and cheerful in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by circumstances but by our disposition." Martha Washington

### Philippians 2:12–18

#### Four Exercises for a Happy Heart:

1. Always \_\_\_\_\_ that God is *with* you, He's *in* you, and He's *for* you. Vs. 13
  - Romans 8:31–32 – *"What then shall we say in response to this? If God be for us who can be against us. He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?"*

2. Be \_\_\_\_\_ and never grumble. Vs. 14
  - Grumbling and complaining feeds unhappiness while gratitude and thanksgiving generates happiness.
3. Hold firmly to the \_\_\_\_\_ of life. Vs. 16
  - Psalm 119:1–2 – *"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 heart."* NCV
4. Use your life to serve \_\_\_\_\_ by serving \_\_\_\_\_. Vs. 17
  - Mark 8:35 – *"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."* TLB
  - Our culture tells us we have to get more to be happy, but the truth is that we discover happiness when we give ourselves away in service to others.

Answers: created; remember; grateful; Word; God, others