

Habits of Happiness Part 5

Happiness is not a destination to arrive at, but a _____ you choose. There are habits you can embrace and choices you can make that will set you up for happiness.

Philippians 3:1–14

Five Daily Habits for Happiness:

1. Every day – relax in God's _____.
 - Philippians 3:3 – *“We Christians glory in what Christ Jesus has done for us and realize that we are helpless to save ourselves.”* TLB
2. Every day – remember what _____.
 - Philippians 3:7 – *“Those things were important to me, but now I think they are worth nothing because of Christ.”* NCV

3. Every day – get to know _____ better.
 - Philippians 3:10–11 – *“All I want is to know Christ and to experience the power of his resurrection, to share in his sufferings and become like him in his death, in the hope that I myself will be raised from death to life.”* TEV
4. Every day – review where I need to _____.
 - Philippians 3:12–13a – *“I don’t mean to say I am perfect. I haven’t learned all I should even yet, 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.”* TLB
5. Every day – forget what can’t be _____ and focus on the _____.
 - Philippians 3:13b – *“...I am bringing all my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead...”* TLB
 - If we get caught in the trap of regret or unforgiveness, it can rob us of happiness. We must be willing to forgive and let go of the past to find happiness in the present.

Answers: lifestyle; grace; matters most; Jesus; grow; changed, future