

**FAMILY LIFE CHURCH OF THE VALLEY  
LIFE GROUP - RIVERSIDE COUNTY**

**TITLE: THE HABITS OF HAPPINESS**

**SESSION FIVE: HOW TO KEEP FROM STRESSING OUT**

**KEY VERSE: “If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand.”**

**Philippians 4:7 (TLB)**

**CHECKING IN:**

How did your thankful prayer (“God is with me, in me, and for me”) impact your happiness last week? Did you find yourself praying it more than once a day? Share your experience with the group.

**WAYS TO KEEP FROM STRESSING OUT**

**1. \_\_\_\_\_ about anything**

“Never worry about anything.”

Philippians 4:6 (ISV)

**FOUR REASONS YOU SHOULD NEVER WORRY ABOUT ANYTHING**

**Worry is \_\_\_\_\_.**

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

Matthew 6:25 (NIV)

**Worry is \_\_\_\_\_.**

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are not much more valuable than they?”

Matthew 6:26 (NIV)

**Worry is \_\_\_\_\_.**

## THE HABITS OF HAPPINESS SESSION FIVE (Cont.)

Worry is \_\_\_\_\_.

“And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you, O men of little faith?”

Matthew 6:30 (TLB)

2. \_\_\_\_\_ about everything.

“Don’t worry about anything, but in all your prayers ask God for what you need.”

Philippians 4:6 (GNT)

3. \_\_\_\_\_ in all things.

“Don’t worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.”

Philippians 4:6 (GNT)

4. Think about \_\_\_\_\_.

“Think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. If there is any excellence and if anything worthy of praise, dwell on these things.”

Philippians 4:8 (NCV/NASB)

5. \_\_\_\_\_ with anything.

“I have learned how to be content with whatever I have. I know how to live on most nothing or with everything. I have learned the secret of living in every situation, whatever it is with a full stomach or empty, with plenty or little.”

Philippians 4:11-12 (NLT)

## THREE WAYS TO LEARN CONTENTMENT

1. Stop \_\_\_\_\_.

“Peace of mind makes the body healthy, but jealousy is like a cancer.”

Proverbs 14:30 (GNT)

**THE HABITS OF HAPPINESS SESSION FIVE (Cont.)**

**2. Stop thinking that \_\_\_\_\_ is better.**

**3. Learn to \_\_\_\_\_ without having to \_\_\_\_\_.**

“I have the strength to face all conditions by the power that Christ gives me.”  
Philippians 4:13 (GNT)

“Obey God and be at peace with him; this is the way to happiness.”  
Job 22:21 (NCV)

**DISCOVERY QUESTIONS:**

1. Worry always exaggerates a problem. What problem are you experiencing that has only grown bigger with worry? Is it something you can change?

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2. Pastor Rick encouraged you to talk to God about everything. In fact, if you prayed as much as you worry, you’d have a whole lot less to worry about. What do you need to talk to God about?

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3. The with stress is won or lost in your mind. What you fill your mind with will determine the level of stress in your life. What toxic thoughts have been polluting your mind?

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**THE HABITS OF HAPPINESS SESSION FIVE (Cont.)**

4. Contentment is not based on circumstances. It's enjoying what you have right now rather than waiting for something else to make you happy. What have you been waiting for to make you happy?

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5. Comparison is the source of all discontent. Have you caught yourself comparing lately? What have you been comparing, and what is it doing to your happiness?

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6. You can admire something without having to acquire it. This helps create contentment. Do you own something that God is asking you to give away?

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