

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

TITLE: THE HABITS OF HAPPINESS

SESSION FOUR: HOW TO KEEP YOUR HEART HAPPY

KEY VERSE: “¹² Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfill his good purpose.”

Philippians 2:3 (NCV)

CHECKING IN:

Share how you did reducing your screen time last week. Were you able to increase your people time? What did you learn? How will you keep making progress in this area this week?

¹² Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfill his good purpose. ¹⁴ Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.”^[a] Then you will shine among them like stars in the sky ¹⁶ as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain. ¹⁷ But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. ¹⁸ So you too should be glad and rejoice with me.

Philippians 2:12-18 (NIV)

“⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.”

Ephesians 2:8-9 (NIV)

FIVE EXERCISE FOR A HAPPY HEART

1. Remember that God is _____ me, he’s _____

Me, and he’s _____ me.

“For God is working in you, giving you the desire and the power to do what pleases him.”

Philippians 2:13 (NLT)

“I will not leave you as orphans; I will come to you. On that day you will realize that I am in my Father, and you are in me, and I am in you.”

John 14:18 (NIV)

THE HABITS OF HAPPINESS SESSION FOUR (Cont.)

“If God is for us, no one can defeat us.”

Romans 8:31 (NCV)

2. _____ and _____.

“In everything you do, stay away from complaining and arguing so that no one can speak a word of blame against you.”

Philippians 2:14-15 (TLB)

3. **Keep my** _____ **clear.**

“So that you may become blameless and pure, ‘Children of God without fault in a warped and crooked generation.’ Then you will shine among them like stars in the sky.”

Philippians 2:15 (NIV)

“Happy are those who live pure lives, who follow the Lord’s teachings. Happy are those who keep his rules, who try to obey him with their whole heart.”

Psalms 119:1-2 (NCV)

“Blessed are the pure heart, for they shall see god.”

Matthew 5:8 (ESV)

“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.”

Psalms 32:1 (TLB)

4. _____ **God’s Word and** _____.

5. **Use my life** _____ **by serving others.**

“Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.”

Matthew 25:40 (KJV)

“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.”

Mark 8:35 (TLB)

THE HABITS OF HAPPINESS SESSION FOUR (Cont.)

“and I will give you a new heart – I will give you new and right desires – and put a new spirit within you. I will take out your stony hearts of sin and give you new hearts of love.”

Ezekiel 36:26 (TLB)

“Salvation is to be found through [Jesus] alone; in all the world there is no one else whom God has given who can save us.”

Acts 4:12 (GNT)

DISCOVERY QUESTIONS:

1. People often excuse themselves for all the mistakes they make, and they accuse others. What problem have you blamed on someone or something else, instead of making the choice to be happy?

2. Pasto Rick talked about the importance of spiritual breathing – the daily practice of breathing out your sins in confession and breathing in God’s power and cleansing. This daily habits removes any of the “bad stuff” you may have acquired during the course of your day. How will you begin practicing this?

3. In serving others, you serve God. This act of love boosts happiness. How have you experienced this?

4. Everyone has spiritual coronary disease, but the good news is Dr. Jesus can give a heart transplant when you need one. Who has a testimony about the healing he or she received from Dr. Jesus?

THE HABITS OF HAPPINESS SESSION FOUR (Cont.)

5. If you are already an expert in worrying, you can meditate. Meditation is a simply thinking about God's Word over and over in your mind. Take the next few minutes and practice meditating and memorizing the key verse for this session:

“Therefore, my dear friends, as you have always obeyed – no only in my presence, but now much more in my absence – continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.”

Philippians 2:12-13 (NIV)