

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

TITLE: THE HABITS OF HAPPINESS

SESSION ONE: GROWING HEALTHY RELATIONSHIPS

**KEY VERSE: “Every time I think of you, I give thanks to my God.
Philippians 1:3 (NLT)**

CHECKING IN:

If this is your first time to meet as a group, or if you have any new group members, be sure to introduce yourselves.

Think of someone who has been an encouragement to you, who expected the best of you. How did that person’s confident expectations influence your life?

FIVE LAWS OF HAPPINESS

1. **Don’t look for happiness;** _____.
2. **Happiness is not** _____.
3. _____ **create my happiness.**
4. **Happiness based on happenings is** _____. **But happiness built on habits is** _____.
5. _____ **habits are as addicting as bad habits.**

This letter is from Paul and Timothy, slaves of Christ Jesus. I am writing to all of God’s holy people in Philippi who belong to Christ Jesus, including the church leaders^[a] and deacons.² May God our Father and the Lord Jesus Christ give you grace and peace.³ Every time I think of you, I give thanks to my God.⁴ Whenever I pray, I make my requests for all of you with joy,⁵ for you have been my partners in spreading the Good News about Christ from the time you first heard it until now.⁶ And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

THE HABITS OF HAPPINESS SESSION ONE (Cont.)

⁷ So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favor of God, both in my imprisonment and in defending and confirming the truth of the Good News. ⁸ God knows how much I love you and long for you with the tender compassion of Christ Jesus. ⁹ I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. ¹⁰ For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. ¹¹ May you always be filled with the fruit of your salvation—the righteous character produced in your life by Jesus Christ^[b]—for this will bring much glory and praise to God.
Philippians 1:1-11 (NLT)

FOUR RELATIONAL HABITS OF HAPPINESS

1. I must _____ for the people in my life.

“Every time I think of you, I give thanks to my God.”

Philippians 1:3 (NLT)

“I thank God for the help you gave me.”

Philippians 1:5 (NCV)

HAPPINESS HINT:

Remember _____, and _____
_____.

2. _____ for the people in my life.

“Whenever I pray, I make my requests for all of you with joy.”

Philippians 1:4 (NLT)

THE HABITS OF HAPPINESS SESSION ONE (Cont.)

HAPPINESS HINT:

The quickest way to change a bad relationship to a good one, _____
_____.

And this is my prayer: that your love may abound more and more in knowledge and depth of insight,¹⁰ so that you may be able to discern what is best and may be pure and blameless for the day of Christ,¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Philippians 1:9-11 (NIV)

FOUR THINGS TO PRAY FOR PEOPLE

- They will _____
- They will _____
- They will _____
- They will _____

¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Philippians 1:11 (NIV)

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,²³ gentleness and self-control.

Galatians 5:22-23 (NIV)

3. _____ from people in my life.

⁶ being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:6 (NIV)

THE HABITS OF HAPPINESS SESSION ONE (Cont.)

THREE WAYS PAUL BROUGHT THE BEST OUT OF PEOPLE

- He _____.
- He _____.
- He was _____.

HAPPINESS HINT: Celebrate _____
Rather than judging them for _____
_____.

⁷ It is right for me to feel this way about all of you, since I have you in my heart.
Philippians 1:7 (NIV)

4. Love people in my life _____.

⁸ God is my witness that I tell the truth when I say that my deep feeling for you all comes from the heart of Christ Jesus himself.
Philippians 1:8 (GNT)

DISCOVERY QUESTIONS:

1. Pastor Rick teaches that happiness is not the goal but rather the result of developing Christ-like relational habits. Which habits are already part of your daily routine? Which one is the most difficult for you to practice?

THE HABITS OF HAPPINESS SESSION ONE (Cont.)

2. One of the happiness hints teaches to celebrate how far people have come rather than judging them for how far they still have to go. Why is this easier said than done?

3. Often when people are irritating, you want them to change. Instead of wishing they would change, you are called to pray for them. Have you ever tried doing this? If so, how did it help?

4. People need others to believe in them, because it's how everyone changes. Acceptance always precedes transformation. How will you apply this truth to one of your most important relationships this week?
