

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

**TITLE: THE HABITS OF HAPPINESS**

**SESSION SIX: FIVE DAILY HABITS FOR HAPPINESS**

**KEY VERSE: “All I want is to know Christ and to experience the power of his  
resurrections, 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.”  
Philippians 3:10-11 (GNT)**

**CHECKING IN:**

Last week in session 5, you were encourage to start a gratitude journal. How did this new habit change your stress level? Was it easy or difficult for you to think of three things you were grateful for each day? Share your thoughts with group.

**FIVE DAILY HABITS FRO HAPPINESS**

**1. Every Day:** \_\_\_\_\_.

“We Christians glory in what Christ Jesus has done for us and realize that we are helpless to save ourselves.”

Philippians 3:3 (TLB)

“We couldn’t carry this off by our own efforts, and we know it.”

Philippians 3:3 (The Message)

**THE TRAP:** \_\_\_\_\_.

**2. Every day:** \_\_\_\_\_.

“Those things were important to me, but now I think they worth nothing because of Christ.”

Philippians 3:7 (NCV)

**THE TRAP:** \_\_\_\_\_.

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

**3. Every day; Get to know \_\_\_\_\_ better.**

“All I want is to know Christ and 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.”

Philippians 3:10-11 (GNT)

“[For my determined purpose is] that I may know [Christ], that I may progressively become more deeply and intimately acquainted with him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly.”

Philippians 3:10-11 (AMPC)

**THE TRAP: \_\_\_\_\_.**

“Be still, and know that I am God.”

Psalms 46:10

**4. Every day: Review where I need to \_\_\_\_\_.**

“Examine me, O God, and know my mind; test me and discover my thoughts. Find out if there is any evil in me and guide me in the everlasting way.”

Psalms 139:23-24 (GNT)

“I don’t mean to say I am perfect. I haven’t learn 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.”

Philippians 3:12-13 (TLB)

**THE TRAP: \_\_\_\_\_.**

**5. Every day: Forget what can’t be changed, and \_\_\_\_\_.**

“I am bringing all my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the price for which God is calling us up to heaven because of what Christ Jesus did for us.”

Philippians 3:13-14 (TLB)

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

**THREE TRAPS TO AVOID:**

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

2. \_\_\_\_\_.

3. \_\_\_\_\_.

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”  
Isaiah 43:18-19 (NIV)

**DISCOVERY QUESTIONS:**

1. Accepting Christ and being in relationship with God changes you and your values. What things did you use to care about that really just don't matter anymore? What's important to you now?

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2. You have to invest your time in a relationship to grow it. How much time do you spend getting to know Christ? If you aren't taking 10 to 15 minutes a day to do this, how can you reduce your busyness and make it a priority?

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

3. Pride will keep you from growing, but humility will lead to happiness, because it makes you teachable. When you are humble, you realize you don't have it all together, and you are eager to learn so you can be more like Christ. How is pride still getting in the way of your personal growth?

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4. Happiness requires letting go and learning to forget. If you hold on to the pain of past hurts, it will still your happiness. Decide now to stop letting the pain of your past control your happiness in the present. Ask people to share their experiences with living out this essential habit.

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5. The reality is you have a limited supply of energy. Pastor Rick encourages you to use it today and not waste any of it on the past. The past is past; it can't be changed. What hurt do you need to let go of? Share it with your group, and ask for their love, prayers, and support.

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6. The only person you hurt with unforgiveness is you. It's time to forgive. Who do you need to forgive? Spend a few minutes in quiet reflection, considering the answer to this question. If you feel comfortable, share your thoughts with the group.

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