

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

TITLE: THE HABITS OF HAPPINESS

SESSION THREE: THE HUMBLE PATH TO HAPPINESS

**KEY VERSE: “When you do things, do not let selfishness or pride be your guide. Instead, Be humble and give more honor to others than to yourselves.
Philippians 2:3 (NCV)**

CHECKING IN:

Unsolved conflict hurts relationships. Are you in the midst of a conflict right now? How is it impacting your happiness?

The habit of humility is the key to reducing conflict in your life, because pride is the thing that causes conflict.

“Pride only leads to arguments.”

Proverbs 13:10 (NCV)

Does your life in Christ give you strength? Does his love comfort you? Do we share together in the spirit? Do you have mercy and kindness? ² If so, make me very happy by having the same thoughts, sharing the same love, and having one mind and purpose. ³ When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves. ⁴ Do not be interested only in your own life, but be interested in the lives of others. ⁵ In your lives you must think and act like Christ Jesus. ⁶ Christ himself was like God in everything. But he did not think that being equal with God was something to be used for his own benefit. ⁷ But he gave up his place with God and made himself nothing. He was born as a man and became like a servant. ⁸ And when he was living as a man, he humbled himself and was fully obedient to God, even when that caused his death—death on a cross. ⁹ So God raised him to the highest place. God made his name greater than every other name ¹⁰ so that every knee will bow to the name of Jesus—everyone in heaven, on earth, and under the earth. ¹¹ And everyone will confess that Jesus Christ is Lord and bring glory to God the Father.

Philippians 2:1-11 (NCV)

FOUR KINDS OF HARMONY

1. _____
2. _____
3. _____
4. _____

THE HABITS OF HAPPINESS SESSION THREE (Cont.)

FOUR HABITS FOR REDUCING CONFLICT

1. Never let _____ be my guide.

“Do nothing out of selfish ambition or vain conceit.”

Philippians 2:3 (NIV)

“Where there is jealousy and selfishness, there will be confusion and every kind of evil.”

James 3:16 (ERV)

2. Be _____, or I’ll stumble!

“Instead, be humble and give more honor to others than to yourselves.”

Philippians 2:3 (NCV)

3. Learn the lost art of _____!

“Do not be interested only in your own life, but be interested in the lives of others.”

Philippians 2:4 (NCV)

4. Ask, “What would _____ do?”

“Your attitude should be the same as that of Christ Jesus.”

Philippians 2:5 (NIV84)

THREE EXAMPLES OF ACTING LIKE JESUS

1. _____ what I think I deserve.

“Though he was God, [he] did not demand and cling to his rights as God, but laid aside his mighty power and glory.”

Philippians 2:6-7 (TLB)

2. Look for ways that I can _____.

“[He] took the nature of a servant. He became like a human being.”

Philippians 2:7 (GNT)

THE HABITS OF HAPPINESS SESSION THREE (Cont.)

3. _____ even when it's painful.

“And when he was living as a man, he humbled himself and was fully obedient to God, even when that caused his death—death on a cross.”

Philippians 2:8 (NCV)

“Therefore God exalted him to the highest place and gave him the name that is above every name,¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:9-11 (NIV)

DISCOVERY QUESTIONS:

1. Jesus modeled harmony and humility. How do you model these qualities in your life? What makes developing and maintaining these habits so difficult?

2. When is the last time your “I” problem caused a conflict with someone? How long did it take before you realized your pride had lured you down the wrong path? Share how you resolved the conflict.

3. Philippians 2:3 says, “When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than yourselves” (NCV). What does it mean to give more honor to others than yourself? If you went through a full day with this as the “theme” of your day, would you do anything differently?

THE HABITS OF HAPPINESS SESSION THREE (Cont.)

4. Humility is not thinking less of yourself. Humility is thinking of yourself less. Notice the difference? The more you think about other people, the more humble you become. Although this can be easier said than done, talk with your group about practical ways to practice this perspective in the coming week.

5. Pastor Rick teaches that in God's economy, the way up is down. In other words, the more you give your life away in service, the more God blesses you with honor. Share an experience when you blesses someone with your service. What did you learn in the process?
