

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

**TITLE: THE HABITS OF HAPPINESS**

**SESSION TWO: HOW TO BE HAPPY NO MATTER WHAT**

**KEY VERSE: “Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.”**

**Philippians 1:27 (NIV)**

**CHECKING IN:**

Last week in session one, Pastor Rick taught you the Four Habits of Happiness. Discuss the progress everyone made. Which habit was the easiest to practice? Which was the hardest?

**FOUR COMMON BARRIERS TO HAPPINESS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

<sup>12</sup> And I want you to know, my dear brothers and sisters,<sup>[a]</sup> that everything that has happened to me here has helped to spread the Good News. <sup>13</sup> For everyone here, including the whole palace guard,<sup>[b]</sup> knows that I am in chains because of Christ. <sup>14</sup> And because of my imprisonment, most of the believers<sup>[c]</sup> here have gained confidence and boldly speak God’s message<sup>[d]</sup> without fear.

<sup>15</sup> It’s true that some are preaching out of jealousy and rivalry. But others preach about Christ with pure motives. <sup>16</sup> They preach because they love me, for they know I have been appointed to defend the Good News. <sup>17</sup> Those others do not have pure motives as they preach about Christ. They preach with selfish ambition, not sincerely, intending to make my chains more painful to me. <sup>18</sup> But that doesn’t matter. Whether their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice. <sup>19</sup> For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance.

<sup>20</sup> For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die. <sup>21</sup> For to me, living means living for Christ, and dying is even better.

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

<sup>22</sup> But if I live, I can do more fruitful work for Christ. So I really don't know which is better. <sup>23</sup> I'm torn between two desires: I long to go and be with Christ, which would be far better for me. <sup>24</sup> But for your sakes, it is better that I continue to live.

<sup>25</sup> Knowing this, I am convinced that I will remain alive so I can continue to help all of you grow and experience the joy of your faith. <sup>26</sup> And when I come to you again, you will have even more reason to take pride in Christ Jesus because of what he is doing through me.

<sup>27</sup> Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ. Then, whether I come and see you again or only hear about you, I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News. <sup>28</sup> Don't be intimidated in any way by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself. <sup>29</sup> For you have been given not only the privilege of trusting in Christ but also the privilege of suffering for him. <sup>30</sup> We are in this struggle together. You have seen my struggle in the past, and you know that I am still in the midst of it.

Philippians 1:12-30 (NLT)

### You Can Be Happy If You . . .

1. Look at every problem from \_\_\_\_\_.

<sup>12</sup> And I want you to know, my dear brothers and sisters,<sup>[a]</sup> that everything that has happened to me here has helped to spread the Good News."

Philippians 1:12 (NLT)

### ANYTIME YOU FACE PROBLEMS IN FAITH:

- It's a \_\_\_\_\_.

<sup>13</sup> For everyone here, including the whole palace guard,<sup>[b]</sup> knows that I am in chains because of Christ."

Philippians 1:13 (NLT)

- It's an \_\_\_\_\_.

<sup>14</sup> And because of my imprisonment, most of the believers<sup>[c]</sup> here have gained confidence and boldly speak God's message<sup>[d]</sup> without fear.

Philippians 1:14 (NLT)

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

2. Never let others \_\_\_\_\_.

- **Critics**

“<sup>15</sup> Of course some of them preach Christ because they are jealous and quarrelsome.”  
Philippians 1:15 (GNT)

**HAPPINESS HINT:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

- **Comrades**

“<sup>15</sup> Others[preach Christ] from genuine good will. <sup>16</sup>[They] do so from love, because they know that God has given me the work of defending the gospel.”  
Philippians 1:15-16 (GNT)

- **Competitors**

“<sup>17</sup> The others do not proclaim Christ sincerely, but from a spirit of selfish ambition.”  
Philippians 1:17 (GNT)

- **Conspirators**

“They think that they will make more trouble for me while I am in prison.”  
Philippians 1:17 (GNT)

3. \_\_\_\_\_ to work things out.

“I will continue to rejoice. <sup>19</sup> For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance.”

Philippians 1:18-19 (NLT)

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

**FOUR SOURCES OF STRENGTH**

I have God's \_\_\_\_\_ on my problems.

I have people \_\_\_\_\_ for me.

I have the \_\_\_\_\_ helping me.

I have faith that \_\_\_\_\_.

4. If I stay \_\_\_\_\_ not my problem.

“For to me, to live is Christ and to die is gain.”

Philippians 1:21 (NIV)

**HOW YOU FILL IN THE BLANK WILL DETERMINE YOUR HAPPINESS:**

**“FOR ME TO LIVE IS**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_”

**DISCOVERY QUESTIONS:**

1. There are four common barriers to joy. These joy killers are: pain, picky people, pressure (internal or external), and problems. Which barriers have been your most common stumbling blocks?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

2. Paul chose to rejoice no matter what. Have you been rejoicing lately? If so, share your experience. If not, what's stopping you?

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3. Share an experience when you learned that your faith was a witness to an unbeliever. What effect did this have on you?

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4. In Philippians 1:15-17, Paul describes four kinds of people: critics, comrades, competitors, and conspirators. In which of these roles have you found yourself? Did you realize it at the time?

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5. After learning how Paul approached his life with fearless faith, what one thing can you change now that will boost your happiness?

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