

Philippians - The Habits of Happiness - Part 4
How To Keep Your Heart Happy - *Philippians 2:12-18*

I. Five Ways We Lose Our Happiness

1. Fearing that we are all alone – Antidote – Verse 13
2. Fretting and Fighting over small stuff – Antidote - Verse 14
3. Feeling Guilty or Ashamed – Antidote – Verse 15
4. Forgetting what God has promised – Antidote – Verse 16
5. Focusing only on ourselves – Antidote – Verse 17-18

II. Five Exercises For A Happy Heart

1. Remember that God is _____ me – Vs. 13
John 14:18-20; Colossians 3:3; Romans 8:31; Psalm 23:6a
2. Be grateful and never _____ - Vs. 14

Four Types of Complainers:

- First are the whiners
- Second are martyrs
- Third are the cynics
- Fourth are perfectionists.

Matthew 12:36; 1 Thessalonians 5:18

3. Keep my _____ clear – Vs. 15
Psalm 119:1-2; Psalm 32:1-2
4. Meditate on God's Word and _____ it – Vs. 16
Psalm 1:1-3; Joshua 1:8; Psalms 119:16; Psalm 119:35
GNT
5. Use my life to _____ God by serving others – Vs. 17-18; **Mark 8:35**

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VCC September Events

Focus Groups: 9am – 9:45am

Connect – 6 Weeks

Your Time Starved Marriage – 6 weeks

Community Groups: Fall Session Begins Week of September 20th

BULLSEYE – Hitting The Target Of Spiritual Maturity

Please Pick up Your Participants Handbook

Greeters Ministry Luncheon – October 4th after Service

This is an appreciation luncheon for all who serve on our Greeters Ministry Team and for those who might be interested in joining our team. **Please Sign Up**

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