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Nourish Healthy Relationships - Part 1
Be Happy
Philippians 1:1-11

Five Laws of Happiness
(Rick Warren)

1. Don't look for happiness; create it.
2. Happiness is not a goal. It's the result of right thinking, right living, and right acting.
3. My habits create my happiness. Happiness is a choice.
4. Happiness based on happenings is temporary. Happiness built on habits is long lasting.
5. Happy habits are as addictive as bad habits; they're just much more rewarding.

1. _____ for the people in my life.
Philippians 1:3 (NLT) Every time I think of you I give thanks to my God.

Philippians 1:5 (GN) because of the way in which you have helped me in the work of the gospel...

Remember the best, forget the rest.

2. _____ for the people in my life.
Philippians 1:4 (NIV) In all my prayers for all of you, I always pray with joy.

Quickest way to change a bad relationship to good:

Philippians 1:9-11 (NIV)

Pray that they will...

- _____ in love.
v9 (NIV) ...that your love may abound more and more...
- make _____ choices.
v9-10 (CEV) ...that you will fully know and understand how to make the right choices.
- live with _____.
v10 (NLT) ...so that you may live pure and blameless lives until the day of Christ's return.
- become like _____.
v11 (NIV) filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

3. _____ from people in my life.
Philippians 1:6 (NIV) 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.

4. Love the people in my life _____.
Philippians 1:8 (NIV) God can testify how I long for all of you with the affection of Christ Jesus.
1 John 3:6 (NIV) This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.