

		<b>sermon notes</b>
	January 17 + 18, 2015 Pastor John Speight Harmony, Humility and Happiness <small>LISTEN, GET NOTES + SHARE AT CHRISTCHURCHVA.ORG/MEDIA</small>	

<b><u>Five Laws of Happiness</u></b>	<b><u>Four Joy Stealers</u></b>
Don't search for happiness. Create it!	Pain
Happiness is not a goal.	People
My habits create my happiness.	Pressure
Happiness based on happenings is temporary.	Problems
Happy habits are as addicting as bad habits.	

### What's the way to happiness?

*Pride leads to conflict.*

Proverbs 13:10 (NLT)

#### **Philippians 2:1-11**

Verses 1-2     Happiness comes from **harmony**  
 Verses 3-5     Harmony comes from **humility**  
 Verses 6-11     Jesus demonstrated both

#### **Philippians 2:1-11 (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? <sup>2</sup> If so, make me very happy by having the same thoughts, sharing the same love, and having one mind and purpose. <sup>3</sup> 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. <sup>4</sup> Do not be interested only in your own life, but be interested in the lives of others.*

*<sup>5</sup> In your lives you must think and act like Christ Jesus. <sup>6</sup> 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. <sup>7</sup> But he gave up his place with God and made himself nothing. He was born to be a man and became like a servant. <sup>8</sup> 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. <sup>9</sup> So God raised him to the highest place. God made his name greater than every other name <sup>10</sup> so that every knee will bow to the name of Jesus— everyone in heaven, on earth, and under the earth. <sup>11</sup> And everyone will confess that Jesus Christ is Lord and bring glory to God the Father.*

### Happiness Comes From Harmony

*Make me very happy by having the same thoughts,  
sharing the same love, and having one mind and purpose.*

Philippians 2:2 (NCV)

How to lessen the discord and increase the harmony

1. **Pride will** \_\_\_\_\_.

Pride - Crime - Sin

Why did Satan get kicked out of heaven?

You said to yourself, "I'll ascend to heaven. I'll set my throne over the stars of God. I'll run the assembly of angels ... <sup>14</sup> I'll climb to the top of the clouds. I'll take over as King of the Universe!"

Isaiah 14:13-14 (Message)

When you do things, do not let selfishness or pride be your guide.

Philippians 2:3a (NCV)

2. **Be Humble or** \_\_\_\_\_.

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

Philippians 2:3b (NCV)

Humility is not ...

- Thinking less of myself
- Denying my strengths
- Putting myself down
- Devaluing myself

Humility is ...

- Thinking of myself *less*
- Being honest
- Building others up
- Valuing others

God opposes the proud but gives grace to the humble.

James 4:6 (NIV)

**Happiness Hint:**

How do I lessen the discord and increase the harmony in my relationships?

3. **Pay** \_\_\_\_\_.

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

Philippians 2:4 (NCV)

4. **Ask** \_\_\_\_\_.

In your lives you must think and act like Christ Jesus.

Philippians 2:5 (NCV)

What does it mean to think and act like Jesus?

- **Be a humble** \_\_\_\_\_.

*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. (Humble) <sup>7</sup> But he gave up his place with God and made himself nothing. He was born to be a man and became like a servant.* Philipians 2:6-7 (NCV)

- **I do what's right even when it is \_\_\_\_\_.**  
*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.*

Philipians 2:8 (NCV)

Source: *The Habits of Happiness* by Rick Warren.