

		sermon notes
	January 3 + 4, 2015 Pastor John Speight Healthy Relationships Are No Accident <small>LISTEN, GET NOTES + SHARE AT CHRISTCHURCHVA.ORG/MEDIA</small>	

Five Laws of Happiness

1. Don't search for happiness. _____ it!
2. Happiness is not a goal.
3. My _____ create my happiness.
4. Happiness based on happenings is _____.
5. Happy habits are as addicting as bad habits.

HEALTHY HABIT #1:

I _____ HEALTHY RELATIONSHIPS.

Philippians 1:1-11 (NLT)

This letter is from Paul and Timothy, slaves of Christ Jesus. I am writing to all of God's holy people in Philippi who belong to Christ Jesus, including the elders and deacons. ² May God our Father and the Lord Jesus Christ give you grace and peace.

³ Every time I think of you, I give thanks to my God. ⁴ Whenever I pray, I make my requests for all of you with joy, ⁵ for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. ⁶ And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

⁷ So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favor of God, both in my imprisonment and in defending and confirming the truth of the Good News. ⁸ God knows how much I love you and long for you with the tender compassion of Christ Jesus.

⁹ I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. ¹⁰ For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. ¹¹ May you always be filled with the fruit of your salvation—the righteous character produced in your life by Jesus Christ—for this will bring much glory and praise to God.

What Must I Do To Be Happy?

I Must ...

I. _____ **FOR THE PEOPLE IN MY LIFE.**

Every time I think of you, I give thanks to my God. (v3)

The Longer You Know Someone

- The more you take them for granted
- The more you focus on their faults
- The easier it is to remember the bad times

I thank God for the help you gave me... (v5 NCV)

HEALTHY HABIT #2:

REMEMBER THE _____ AND FORGET THE _____.

2. _____ FOR THE PEOPLE IN MY LIFE.

I always pray for you, and I make my requests with a heart full of joy... (v4)

HEALTHY HABIT #3:

THE QUICKEST WAY TO CHANGE A BAD HABIT TO GOOD:

_____.

What do I pray for?

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰ so that you may be able to discern what is best and may be pure and blameless until the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Philippians 1:9-11 (NIV)

Pray that they ...

- _____

...that your love will grow more and more...

Philippians 1:9 (NIV)

- _____

...that you will fully know and understand how to make the right choices...

Philippians 1:9b-10a (CEV)

- _____

...that you may live pure and blameless lives until Christ returns.

Philippians 1:10b (NLT)

- _____

...(that you will be) filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Philippians 1:11 (NIV)

3. LOVE THE PEOPLE IN MY LIFE _____.

God is my witness that I tell the truth when I say that my deep feeling for you all comes from the heart of Christ Jesus himself.

Philippians 1:8 (TEV)

This is how we know what love is: Christ gave his life for us. We too, then, ought to give our lives for others!

1 John 3:16 (TEV)

Which of these habits do you need to work on?

- A. Who do you need to be more grateful for?
- B. Are you praying with joy for those in your life?
- C. Who do you need to start loving from the heart rather than from the head?