

Habits of Happiness: How to Keep Your Heart Happy

Philippians 2 v 12-18 New International Version

v 12-13 - continue to work out your salvation with fear and trembling, (with deep respect and reverence) ¹³ for it is God who works in you to will and to act in order to fulfil his good purpose. NIV

Ephesians 2 v 8-9 NIV For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – ⁹ not by works, so that no one can boast.

Five Exercises for a Happy Heart

1. Remember God is _____

v13 – *God who works in you*

Matthew 28 v 20 NLT And be sure of this: I am with you always, even to the end of the age.”

Romans 8 v 31 NIV God is for us

2. Be _____ | and never _____

v14 Do everything without grumbling or arguing, NIV

Matthew 12 v 36 NCV And I tell you that on the Judgment Day people will be responsible for every careless thing they have said.

1 Thessalonians 5 v 18 NLT Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.

3. Keep your _____

v15 Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. NLT

Psalms 119 v 1-2 NCV Happy are those who live pure lives, who follow the LORD’s teachings. ² Happy are those who keep his rules, who try to obey him with their whole heart.

Psalms 32 v 1 NCV - Happy is the person whose sins are forgiven, whose wrongs are pardoned.

4. Fill your _____

v16 Hold firmly to the word of life NIV

Psalms 119 v 16 NCV I enjoy obeying your demands, and I will not forget your word.

Psalms 119 v 35 NLT Make me walk along the path of your commands, for that is where my happiness is found.

5. _____

v17-18 Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood with your sacrifice, I will be happy and full of joy with all of you. ¹⁸ You also should be happy and full of joy with me. NCV.

Ezekiel 36 v 26 NLT And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

Additional notes: