

# The Habits of Happiness: Grow Healthy Relationships

## Philippians 1 v 1-11

\_\_\_\_\_ are key to happiness  
Happiness based on \_\_\_\_\_ is temporary but happiness built on \_\_\_\_\_ is long lasting.

## Four habits to grow healthy relationships

1. \_\_\_\_\_ for the people in your life

**Philippians 1 v 3 NLT** Every time I think of you, I give thanks to my God.

**Philippians 1 v 5 NCV** I thank God for the help you gave me

HH: Remember \_\_\_\_\_

2. \_\_\_\_\_ for the people in your life.

**Philippians 1 v 4 NLT** Whenever I pray, I make my requests for all of you with joy

HH: The quickest way to change a bad relationship to a good one is to start \_\_\_\_\_

**Philippians 1 v 9-11 NLT** I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. <sup>10</sup> 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. <sup>11</sup> 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.

Pray they will:

1. Grow \_\_\_\_\_ v 9

2. Grow \_\_\_\_\_ v 9-10

3. Grow in \_\_\_\_\_ v 10

4. Grow to become \_\_\_\_\_ v 11

3. \_\_\_\_\_ in the people in your life

**Philippians 1 v 6 NLT** 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.

How to bring out the best in people:

1. Express \_\_\_\_\_ in them – v 6 *'I am certain...'*

2. Give them \_\_\_\_\_ – v 6 *'the good work ..... will continue..'*

3. Be \_\_\_\_\_ with their progress – v 6 *'will continue.... until it is finally finished.'*

HH: Celebrate how far people \_\_\_\_\_ rather than judging them far they still \_\_\_\_\_.

4. \_\_\_\_\_ the people in your life

**Philippians 1 v 8 NLT** God knows how much I love you.

**1 John 3 v 16 GNT** This is how we know what love is: Christ gave his life for us. We too, then, ought to give our lives for others!

Additional notes: