

# How To Enjoy The People In Your Life

*The Habits of Happiness Series – Part 1*

**Philippians 1:1-11**

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# **Philippians 1:1-11**

**<sup>1</sup> Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons:** <sup>2</sup> Grace and peace to you from God our Father and the Lord Jesus Christ. <sup>3</sup> I thank my God every time I remember you. <sup>4</sup> In all my prayers for all of you, I always pray with joy



**5 because of your partnership in the gospel from the first day until now,<sup>6</sup> 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.<sup>7</sup> It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me.**



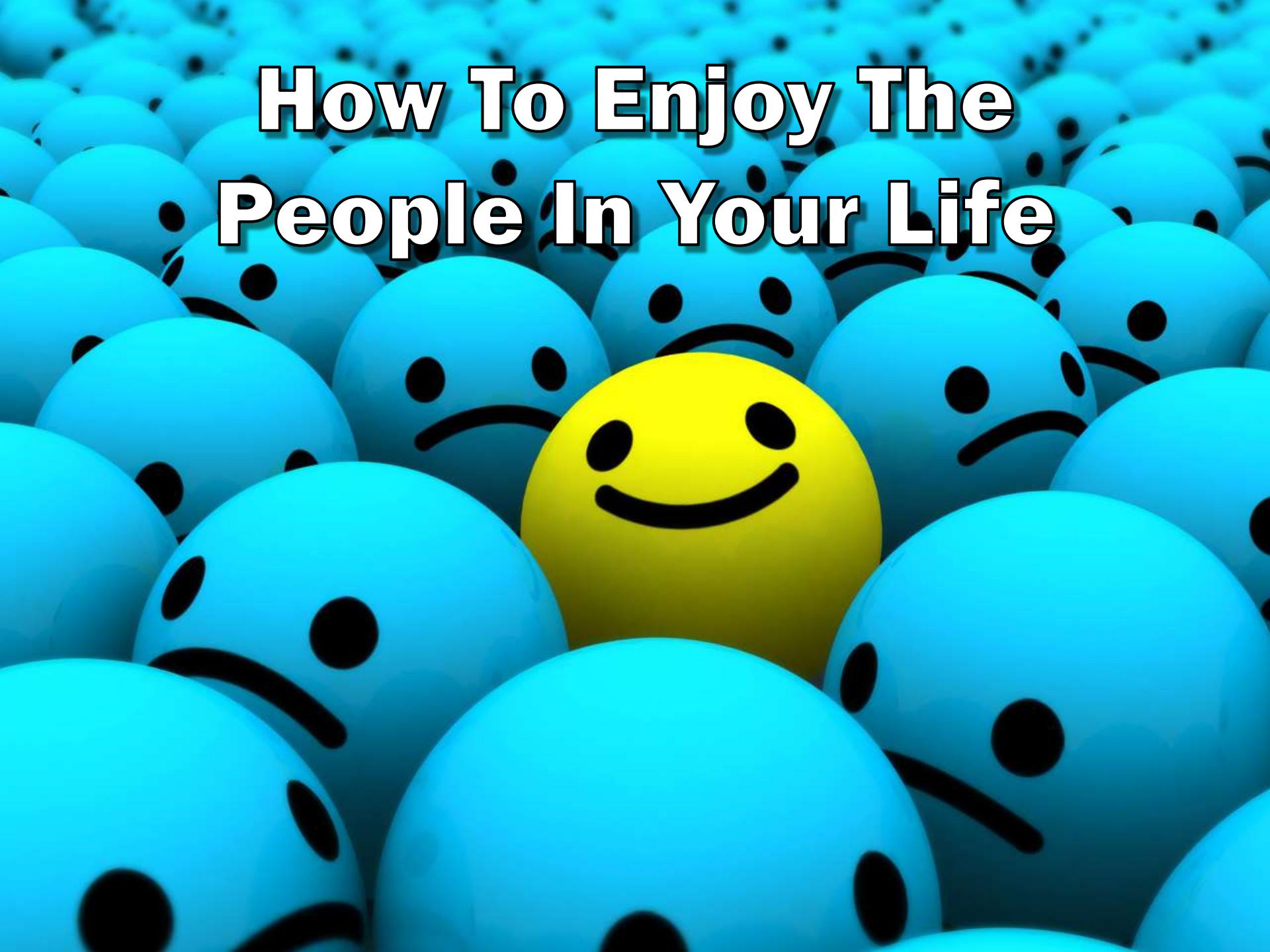
**8 God can testify how I long  
for all of you with the  
affection of Christ Jesus. 9  
And this is my prayer: that  
your love may abound more  
and more in knowledge and  
depth of insight,**



**10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.— (NIV)**



# How To Enjoy The People In Your Life



# *Five Laws of Happiness*

1. Don't Look for Happiness,  
Create it.
2. Happiness Isn't a Goal. It's a  
Result of Right Thinking/Acting.
3. My Habits Create My Happiness.



4. Happiness Built on  
Happenings is Temporary.

Happiness Built on Habits is  
Long Lasting.

5. Happy Habits Are as Addictive as  
Bad Habits.



# **1<sup>st</sup> Habit of Happiness: I Must Grow Healthy Relationships**

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# *Four Keys To Enjoying People*

**1. Be Grateful for the  
People in My Life.**

**Philippians 1:3<sup>3</sup> I thank my God  
every time I remember you.-- (NIV)**



# A. I Remember the Good Things About You.

3 Problems: The Longer you know someone . . .

- 1.) The more you  
Take Them For Granted.
- 2.) The more you focus on their Faults.
- 3.) The easier it is to remember  
Bad Times.



**B. I Focus on the Good Times**  
**We've Had.**

**Philippians 1:5<sup>5</sup> I thank God  
for the help you gave me  
while I preached the Good  
News—help you gave from the  
first day you believed until  
now.-- (NCV)**



## **C. The Truth Is He Had A Rough Time in Philippi.**

Acts 16:22–24<sup>22</sup> The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. <sup>23</sup> After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. <sup>24</sup> When he received these orders, he put them in the inner cell and fastened their feet in the stocks.-- (NIV)



**H.H. Remember the Best,**  
**Forget the Rest !**



**2. Pray With Joy For The  
People In My Life.**

**Philippians 1:4<sup>4</sup> I always pray  
for you, and I make my  
requests with a heart full of  
joy,-- (NLT)**



**H.H. Quickest way to change  
a bad relationship to good is  
to start  
Praying For Them !**



# **Four Areas To Pray About**

A. Pray They Will **Grow In Love**.

**Philippians 1:9a** <sup>9</sup> This is my prayer for you: that your love will grow more and more; . . .  
**(NCV)**



**B. Pray They Will  
Make Wise Choices.**

**Philippians 1:9–10<sup>9</sup>** I pray that your love will keep on growing and that you will fully know and understand <sup>10</sup> how to make the right choices. . . . (CEV)



**C. Pray They Will  
Live With Integrity.**

**Philippians 1:10<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.-- (NLT)**



## **D. Pray They Will Become Like Jesus.**

**Philippians 1:11<sup>11</sup> filled with  
the fruit of righteousness that  
comes through Jesus Christ—  
to the glory and praise of  
God.-- (NIV)**



## **Galatians 5:22-23**

**22 But the fruit of the Spirit is  
love, joy, peace, forbearance,  
kindness, goodness,  
faithfulness, <sup>23</sup> gentleness and  
self-control..-- (NIV)**



### **3. Expect The Best From People In My Life.**

**Philippians 1:6<sup>6</sup> 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.-- (NIV)**



A. He Believed in People – Gave Them  
**Confidence**.

B. He Gave People a **Vision** for the Future.

C. He Was **Patient** with People's Progress.



**H.H. Celebrate  
How Far People Have Come ,**

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**Rather than Judging How  
How Far They Still Have To Go .**

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## **Philippians 1:7**

**7 It is right for me to feel  
this way about all of you,  
since I have you in my  
heart.... (NIV)**



## **4. Love People In My Life Like Jesus Does.**

**Philippians 1:8<sup>8</sup> God is my witness that I am telling the truth when I say that my deep feeling for you all comes from the heart of Christ Jesus himself.-- (GNB)**



**H.H. The Secret of Enjoying  
the People in my Life Is to Be  
Filled With God's Love**



## **Romans 5:5**

**5 This hope does not disappoint us, for God has poured out his love into our hearts by means of the Holy Spirit, who is God's gift to us.-**  
- (GNB)



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