

Keeping Your Heart Happy

The Habits of Happiness Series – Part 4

Philippians 2:12-18

Anthony Grove Baptist Church

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Philippians 2:12–18

¹² Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear.



**13 For God is working in you,
giving you the desire and the
power to do what pleases him. 14
Do everything without
complaining and arguing, 15 so
that no one can criticize you. Live
clean, innocent lives as children
of God, shining like bright lights
in a world full of crooked and
perverse people.**



16 Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. 17 But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. 18 Yes, you should rejoice, and I will share your joy.-- (NLT)

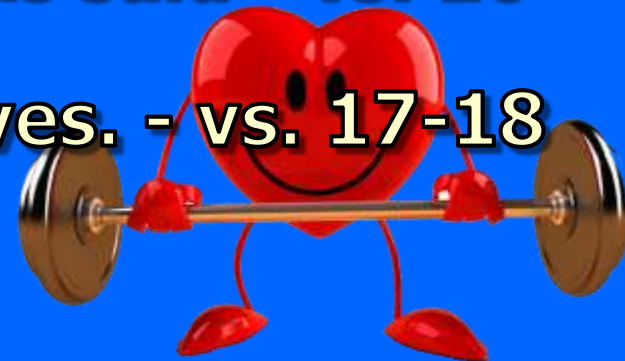


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5 Ways We Lose Our Happiness and the Antidote

1. **Fearing** we are on our own - vs. 13
2. **Fretting** over small stuff - vs. 14
3. **Feeling** guilty or ashamed - vs. 15
4. **Forgetting** what God has said - vs. 16
5. **Focusing** only on ourselves. - vs. 17-18



5 Exercises For A Healthy Heart

1. Remember God Is In Us, With Us, & For Us .

Philippians 2:13¹³ For God is working in you, giving you the desire and the power to do what pleases him.-- (NLT)



John 14:18-20

18 I will not leave you as orphans; I will come to you. . . .
20 On that day you will realize that I am in my Father, and you are in me, and I am in you. (NIV)



Romans 8:31

31 What, then, shall we say in response to this? If God is for us, who can be against us?-- (NIV)



2. Be Grateful and Never Grumble.

Philippians 2:14–15a¹⁴ Do everything without complaining and arguing, ¹⁵ so that no one can criticize you. (NLT)



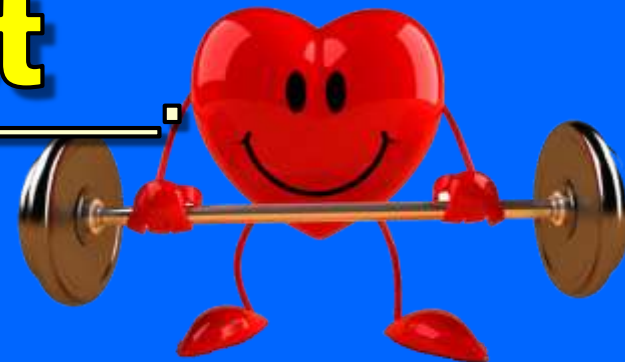
4 Types of Complainers

A. The **Whiners**_____.

B. The **Martyrs**_____.

C. The **Cynics**_____.

D. The **Perfectionist**_____.



1 Thessalonians 5:18

**18 give thanks in all
circumstances; for this is
God's will for you in Christ
Jesus.-- (NIV)**



Matthew 12:36

**36 And I tell you this, you must give an account on judgment day for every careless word you speak.--
(NLT)**



3. Keep My **Conscience Clear**.

**Philippians 2:15¹⁵ so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.-
- (NLT)**



Psalm 119:1-2

¹ 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.-- (NCV)



Psalm 32:1-2

¹ What happiness for those
whose guilt has been forgiven!
What joys when sins are covered
over! What relief for those who
have confessed their sins and
God has cleared their record.--
(TLB)



4. Memorize God's Word and Live It

Philippians 2:16¹⁶ Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless.
(NLT)



Psalm 119:16

**16 Your laws make me
happy. I never forget
your word.-- (GW)**



Psalm 119:35

**35 Make me walk along
the path of your
commands, for that is
where my happiness is
found.-- (NLT)**



5. Use My Life To Serve God by Serving Others.

**Philippians 2:17–18¹⁷ 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 36:26

²⁶ And I will give you a new heart—I will give you new and right desires—and put a new spirit within you. I will take out your stony hearts of sin and give you new hearts of love.-- (TLB)



Acts 4:12

12 Salvation is to be found in Jesus alone; in all the world there is no one else whom God has given who can save us.”-- (GNB)



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