

# “HAPPINESS IS...”

Philippians 3:1-6 - Pastor Bruce French

## GETTING JOY

1. Joy comes through divine partnerships. Phil. 1:4-5
2. Joy comes through loving without walls. Phil. 1:9
3. Joy comes through seeing problems as possibilities. Phil. 1:18
4. Joy comes through an assurance of a secure future. Phil. 1:21
5. Joy comes through a God-honoring conduct. Phil. 1:27
6. Joy comes through loving relationships. Phil. 2:3-4
7. Joy comes through humble attitudes. Phil. 2:5-6
8. Joy comes through discovering God’s plan. Phil. 2:12-13
9. Joy comes through godly friends. Phil. 2:20-21

**Happiness is** \_\_\_\_\_.

## What makes a happy Christian?

1. A happy Christian heeds the \_\_\_\_\_. Phil. 3:3a

**ACTION:** Learn to recognize his \_\_\_\_\_.

2. A happy Christian revels in \_\_\_\_\_. Phil. 3:3b

**ACTION:** Learn to bring him \_\_\_\_\_.

3. A happy Christian guards the \_\_\_\_\_.  
Phil. 3:3c

**ACTION:** Learn to receive his \_\_\_\_\_.

## Take Home Truth

When Christ is in the \_\_\_\_\_  
happiness \_\_\_\_\_.

### Today’s Core Belief:

**Salvation by Grace** “I believe that a person comes into a right relationship with God by His grace, through faith in Jesus Christ.” (from Ephesians 2:8-9)

**Today’s Action:** Carry out the three actions.



## Deeper Connection Study

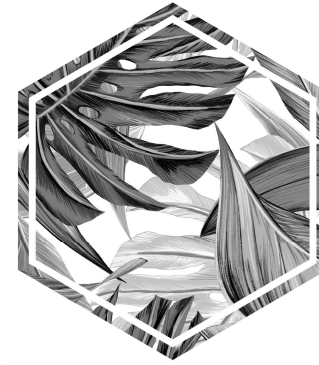
Paul gives a pleasant command as well as a word of warning to the church. He also provides a personal example to prove an important point.

*Today's Core Virtue discussed: Joy.*

### Read Philippians 3:1-6

1. How do you respond to Paul's command to rejoice in the Lord (v. 1)? What does it look like in your life? Why is it important for us to encourage one another to rejoice?
2. What threefold warning does Paul give concerning those who oppose the church (v. 2)? Why are these people so dangerous?
3. In contrast to these opponents, what four things does the apostle say about the saints (v. 3)?
4. What seven reasons does Paul give for his former confidence (vv. 4-6)? Why did he formerly boast about these things?
5. What pedigree, credentials, and/or personal accomplishments are you tempted to highlight in your own life? How can these things promote legalism or elitism and hinder your faith and ministry?
6. How deep are your commitments and relationships at church? How do you serve in God's kingdom work?

**PRAYER TO THE POINT:** Rejoice in Christ our Savior! Pray for a deeper sense of joy in your life. Ask God to reveal where pride exists in your life and how you can grow in humility.



# life is good.

## Finding Joy in Tough Times

**R**esearchers have made some interesting discoveries in recent years regarding happiness. Psychologist Sonja Lyubomirsky, Ph.D. of University of California Riverside discovered that happiness has three main contributors: 1) Genetics, which is a 50% contributor; 2) External circumstances, which contributes 10% to happiness; 3) Actions and Thoughts, which constitutes the other 40% of a person's feelings of happiness. The implication of this research is that even though an individual doesn't have control over his genetic disposition, and most of the time, little control over his circumstances, he does have control over his actions and thoughts. Thus, it is not coincidental that the Bible has a lot to say about one's actions and thoughts.

Paul began his third chapter with the exhortation to "rejoice in the Lord." This was the ninth time Paul mentioned "joy," or "rejoice," in his short epistle, and needless to say, he longed for his readers to have a greater sense of God's joy. The reason is that a person who senses God's joy is a person who experiences greater volumes of happiness.

