

GROW HEALTHY RELATIONSHIPS

The Habits of Happiness (Philippians)
Rick Warren

Philippians 1:1-11

1. _____ FOR THE PEOPLE IN MY LIFE

“Every time I think of you, I give thanks to my God.” Philippians 1:3 (NLT)

“I thank God for the help you gave me.” Philippians 1:5 (NCV)

HH: REMEMBER _____

2. _____ FOR THE PEOPLE IN MY LIFE

“I always pray for you, and I make my requests with a heart full of joy.”
Philippians 1:4 (NLT(96)

HH: QUICKEST WAY TO CHANGE A BAD RELATIONSHIP TO
GOOD: _____

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.” Philippians 1: 9-11 (NIV)

PRAY THEY WILL...

- _____
“That your love will grow more and more.” Philippians 1:9 (NCV)
- _____
“That . . . you will fully know and understand how to make the right choices.”
Philippians 1:9-10 (CEV)
- _____
“That you may live pure and blameless lives until the day of Christ’s return.”
Philippians 1:10 (NLT)
- _____
“That you may be . . . filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.”
Philippians 1:10-11 (NIV)

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22-23 (ESV)

3. _____ FROM PEOPLE IN MY LIFE

“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.” Philippians 1:6 (NIV)

HH: CELEBRATE _____, RATHER THAN
JUDGING _____

“It is right for me to feel this way about all of you, since I have you in my heart.”
Philippians 1:7 (NIV)

4. LOVE THE PEOPLE IN MY LIFE _____

“God is my witness that I tell the truth when I say that my deep feeling for you all comes from the heart of Christ Jesus himself.” Philippians 1:8 (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!” 1 John 3:16 (GNT)

Next Steps

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email Rick@PastorRick.com for free tools to help you on your spiritual journey!

Has Daily Hope helped you? Share your story with Pastor Rick at Rick@PastorRick.com

Help Daily Hope reach more people with the certain hope of Jesus! Give now at Donate.PastorRick.com

HOW TO BE HAPPY NO MATTER WHAT

The Habits of Happiness (Philippians)
Rick Warren

Philippians 1:12-30

"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ."
Philippians 1:27 (NIV)

NO MATTER WHAT HAPPENS, I CAN BE HAPPY IF I...

1. _____
(VS. 12-14)

"I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News."
Philippians 1:12 (NLT)

ANYTIME I FACE PROBLEMS IN FAITH...

- **IT'S A** _____
"For everyone here, including the whole palace guard, knows that I am in chains because of Christ." Philippians 1:13 (NLT)
- **IT'S AN** _____
"And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear."
Philippians 1:14 (NLT)

2. _____
(VS. 15-18)

CRITICS, COMRADES, COMPETITORS, & CONSPIRATORS:

"Of course some of them preach Christ because they are jealous and quarrelsome, but others from genuine good will. These do so from love, because they know that God has given me the work of defending the gospel. The others do not proclaim Christ sincerely, but from a spirit of selfish ambition; they think that they will make more trouble for me while I am in prison." Philippians 1:15-17 (GNT)

PAUL'S ATTITUDE:

"But it doesn't matter. The important thing is that in every way, whether for right or wrong reasons, they are preaching about Christ. So I am happy, and I will continue to be happy." Philippians 1:18 (NCV)

"Tell the Good News fearlessly, no matter what your enemies may do. They will see this as a sign of their downfall, but for you it will be a clear sign from God that he is with you, and that he has given you eternal life with him. For to you has been given the privilege not." Philippians 1:27-28 (TLB)

"For you have been given not only the privilege of trusting in Christ but also the privilege of suffering for him. We are in this fight together. You have seen me suffer for him in the past, and you know that I am still in the midst of this great struggle." Philippians 1:29-30 (NLT96)

3. _____
(VS. 19-20)
"I will continue to rejoice. For I know that as you pray for me and as the Spirit of Jesus Christ helps me, this will all turn out for my deliverance."
Philippians 1:18-19 (NLT96)

"It is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death." Philippians 1:20 (ESV)

4. _____
(VS. 21-25)
"If by continuing to live I can do more worthwhile work, then I am not sure which I should choose. I am pulled in two directions. I want very much to leave this life and be with Christ, which is a far better thing; but for your sake it is much more important that I remain alive. I am sure of this, and so I know that I will stay. I will stay on with you all, to add to your progress and joy in the faith."
Philippians 1:22-25 (GNT)

"For to me, to live is Christ and to die is gain." Philippians 1:21 (NIV)

How YOU fill in the blank will determine your happiness:

FOR ME TO LIVE IS _____

Next Step

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

THE HUMBLE PATH TO HAPPINESS

The Habits of Happiness (Philippians)
Rick Warren

"Pride always leads to arguments." Proverbs 13:10

PHILIPPIANS 2:1-11

Vs. 1-2 Happiness comes from Harmony
Vs. 3-5 Harmony comes from Humility
Vs. 6-11 Jesus modeled both

HARMONY CREATES HAPPINESS

"Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose." Philippians 2:2 (NASB)

HOW TO REDUCE CONFLICT WITH OTHERS

1. _____

"Do nothing out of selfish ambition or vain conceit." Philippians 2:3 (NIV)

- **SELFISH AMBITION:**

"Wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind." James 3:16 (NLT)

"Our self-indulgent nature shows itself...in conflict, quarreling, jealousy, outbursts of anger, selfish ambition, causing divisions among people, and the feeling that everyone is wrong except those in your own little group."

Galatians 5:19-21

- **VAIN CONCEIT:**

"Don't live to make a good impression on others." (LB)

"Don't do anything from a cheap desire to boast." (TEV)

2. _____

"Instead, be humble and give more honor to others than to yourself."

Philippians 2:3b

"God opposes the proud but gives grace to the humble." James 4:6

3. _____

"Don't be interested only in your own life, but be interested in what concerns others too." Philippians 2:4

Jesus: "If you want to be my disciple, you must deny yourself, take up your cross every day, and follow me." Luke 9:23

4. _____

"Your attitude should be the same as that of Christ Jesus." Philippians 2:5

ACTING LIKE JESUS MEANS...

5. _____

"Though he was God, he did not demand and cling to his rights as God."
Philippians 2:6 (NLT96)

"Instead, he emptied himself." Philippians 2:7 (GW)

- _____
"[Jesus] . . . took the nature of a servant. He became like a human being and appeared in human likeness." Philippians 2:7 (GNT)

- _____
"When he was living as a man, he humbled himself and was fully obedient to God, even when that caused his death—death on a cross."
Philippians 2:8 (NCV)

THE REWARD

"God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." Philippians 2:9-11 (ESV)

Next Step

Visit PastorRick.com for more Bible teaching and
to sign up for the daily devotional.

HOW TO KEEP YOUR HEART HAPPY

The Habits of Happiness (Philippians)
Rick Warren

Philippians 2:12-18

FIVE WAYS WE OFTEN LOSE OUR HAPPINESS

	Antidote
1. Fearing that we're out there all on our own	vs. 13
2. Fretting and fighting over small stuff	vs. 14
3. Feeling guilty or ashamed	vs. 15
4. Forgetting what God has promised	vs. 16
5. Focusing only on ourselves	vs. 17-18

"Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose." Philippians 2:12-13 (NIV)

5 WORKOUTS FOR A HAPPY HEART

1. REMEMBER GOD IS

"For God is working in you, giving you the desire to obey him and the power to do what pleases him." Philippians 2:13 (NLT96)

"I will not leave you as orphans; I will come to you. . . . You will realize that . . . you are in me, and I am in you." John 14:18, 20 (NIV)

"If God is for us, no one can defeat us." Romans 8:31 (NCV)

2.

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

"In everything give thanks; for this is the will of God for you in Christ Jesus."
1 Thessalonians 5:18 (NASB)

3.

"Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people." Philippians 2:15 (NLT)

"So that you may be innocent and pure as God's perfect children, who live in a world of corrupt and sinful people. You must shine among them like stars lighting up the sky." Philippians 2:15 (GNT)

"Happy are those who live pure lives, who follow the Lord's teachings. Happy are those who keep his rules, who try to obey him with their whole heart."

Psalm 119:1-2 (NCV)

"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!" Psalm 32:1-2 (TLB)

4.

"Hold tightly to the word of life." Philippians 2:16 (NLT96)

"Your laws make me happy. I never forget your word." Psalm 119:16 (GW)

"Make me walk along the path of your commands, for that is where my happiness is found." Psalm 119:35 (NLT)

5.

"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. You also should be happy and full of joy with me."

Philippians 2:17-18 (NCV)

"Salvation is to be found through him alone; in all the world there is no one else whom God has given who can save us." Acts 4:12 (GNT)

Next Steps

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email Rick@PastorRick.com for free tools to help you on your spiritual journey!

Help Daily Hope reach more people with the certain hope of Jesus! Give now at Donate.PastorRick.com

HAPPINESS CAN BE LEARNED

The Habits of Happiness (Philippians)
Rick Warren

"I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. I have no one else like him, who will show genuine concern for your welfare. For everyone looks out for their own interests, not those of Jesus Christ. But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. I hope, therefore, to send him as soon as I see how things go with me. And I am confident in the Lord that I myself will come soon. But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. For he longs for all of you and is distressed because you heard he was ill. Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. So then, welcome him in the Lord with great joy, and honor people like him, because he almost died for the work of Christ. He risks his life to make up for the help you yourselves could not give me."

Philippians 2:19-30 (NIV)

- **PAUL ENDORSED TWO MEN AS ROLE MODELS**

"I have no one else like him." Philippians 2:20 (NIV)

"Welcome him . . . Honor people like him." Philippians 2:29 (NIV)

- **PAUL SAID SENDING THESE MEN WOULD BRING HAPPINESS!**

I'm sending (these men)...

"So that I too may be cheered." Philippians 2:19 (ESV)

"So that . . . you may be glad." Philippians 2:28 (NIV)

"So that . . . I may have less anxiety." Philippians 2:28 (NIV)

"That will make me happy and lighten all my cares." Philippians 2:28 (TLB)

TO BE HAPPY

1.

"I have no one else like him, who will show genuine concern for your welfare. For everyone looks out for their own interests." Philippians 2:20-21 (NIV)

"Timothy, who genuinely cares about your welfare. All the others care only for themselves" Philippians 2:20-21 (NLT)

"All the others seem to be wrapped up in their own affairs."

Philippians 2:21 (PHILLIPS)

"Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand." Philippians 2:4 (MSG)

2.

"Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel." Philippians 2:22 (NIV)

"You know what kind of person Timothy proved to be." Philippians 2:22 (GW)

- ---

"Reliable friends who do what they say are like cool drinks in sweltering heat—refreshing!" Proverbs 25:13 (MSG)

- ---

"They always do what they promise, no matter how much it may cost."
Psalm 15:4 (GNT)

3.

- ---

"I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs." Philippians 2:25 (NIV)

"Epaphroditus . . . has worked and fought by my side."

Philippians 2:25 (GNT)

Jesus: *"You're blessed when you can show people how to cooperate instead of compete or fight." Matthew 5:9 (MSG)*

- ---

"I considered it necessary to send you Epaphroditus . . . since he has been longing for all of you and was distressed because you heard that he was sick." Philippians 2:25-26 (HCSB)

"You must get along with each other. You must learn to be considerate of one another, cultivating a life in common." 1 Corinthians 1:10 (MSG)

"I don't just do what is best for me; I do what is best for others so that many may be saved." 1 Corinthians 10:33 (NLT)

4.

"He certainly was ill; in fact, he almost died. . . . For he risks his life for the work of Christ, and he was at the point of death while doing for me what you couldn't do from far away." Philippians 2:27, 30 (NLT)

"Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to really live." Mark 8:35 (TLB)

Next Steps

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email Rick@PastorRick.com for free tools to help you on your spiritual journey!

Has Daily Hope helped you? Share your story with Pastor Rick at Rick@PastorRick.com

Help Daily Hope reach more people with the certain hope of Jesus! Give now at Donate.PastorRick.com

FIVE DAILY HABITS FOR HAPPINESS

The Habits of Happiness (Philippians)
Rick Warren

Philippians 3:1-21

1. **EVERY DAY:** _____
"We Christians glory in what Christ Jesus has done for us and realize that we are helpless to save ourselves." Philippians 3:3 (TLB)

"We couldn't carry this off by our own efforts, and we know it."
 Philippians 3:3 (MSG)

• **THE TRAP:** _____ (vs. 2-6)
Rituals - Race - Religion - Rules - Reputation

"As for righteousness based on the law, [I was] faultless."
 Philippians 3:6 (NIV)

"I no longer count on my own goodness or my ability to obey God's law, but I trust Christ to save me. For God's way of making us right with himself depends on faith." Philippians 3:9 (NLT96)

2. **EVERY DAY:** _____
"Those things were important to me, but now I think they are worth nothing because of Christ." Philippians 3:7 (NCV)

• **THE TRAP:** _____
"For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world."
 1 John 2:16 (NIV)

"Yes, everything else is worthless when compared with the priceless gain of knowing Christ Jesus my Lord. I have discarded everything else, counting it all as garbage, so that I may have Christ and become one with him."
 Philippians 3:8-9 (NLT96)

3. **EVERY DAY:** _____
"All I want is to know Christ and to experience the power of his resurrection, to share in his sufferings and become like him in his death, in the hope that I myself will be raised from death to life." Philippians 3:10-11 (GNT)

"[For my determined purpose is] that I may know Him [that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly]." Philippians 3:10 (AMPC)

• **THE TRAP:** _____
"Be still, and know that I am God." Psalm 46:10 (NIV)

4. **EVERY DAY:** _____
"I don't mean to say I am perfect. I haven't learned all I should even yet, but I keep working toward that day when I will finally be all that Christ saved me for and wants me to be. No, dear brothers, I am still not all I should be."
 Philippians 3:12-13 (TLB)

• **THE TRAP:** _____
"Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it." 2 Corinthians 13:5 (MSG)

5. **EVERY DAY:** _____ **AND** _____

"I am bringing all my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God is calling us up to heaven because of what Christ Jesus did for us." Philippians 3:13-14 (TLB)

• **THE TRAPS:** _____

"Forget the former things; do not dwell on the past. See, I am doing a new thing!"
 Isaiah 43:18-19 (NIV)

Next Step

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

HOW TO KEEP FROM STRESSING OUT

The Habits of Happiness (Philippians)
Rick Warren

Philippians 4:6-13

"If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus." Philippians 4:7 (TLB)

1. _____
"Never worry about anything." Philippians 4:6 (GW)

JESUS SAID...

- **WORRY IS** _____
"Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" Matthew 6:25 (NIV)
- **WORRY IS** _____
"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" Matthew 6:26 (NIV)

"And why worry about your clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they." Matthew 6:28-29 (TLB)
- **WORRY IS** _____
"Can any one of you by worrying add a single hour to your life?" Matthew 6:27 (NIV)
- **WORRY IS** _____
"If God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you, O men of little faith?" Matthew 6:30 (TLB)

"Unload all your worries on to [God] since he is looking after you."
1 Peter 5:7 (JB)

2. _____
"Never worry about anything. But in every situation let God know what you need in prayers and requests while giving thanks." Philippians 4:6 (GW)

"You . . . do not have . . . because you do not ask God." James 4:2 (NIV)

"Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?" Romans 8:32 (NLT)

3. _____
"Tell God what you need, and thank him for all he has done." Philippians 4:6 (NLT)

". . . always asking him with a thankful heart." Philippians 4:6 (GNT)

"In everything give thanks; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:18 (NKJV)

4. _____
"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things." Philippians 4:8 (NASB)

"Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected." Philippians 4:8 (NCV)

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" Isaiah 26:3 (NLT)

5. _____
"Not that I was ever in need, for I have learned how to get along happily whether I have much or little. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want." Philippians 4:11-12 (TLB)

"Peace of mind makes the body healthy, but jealousy is like a cancer."
Proverbs 14:30 (GNT)

"It is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind." Ecclesiastes 4:6 (GNT)

HOW?

"I have the strength to face all conditions by the power that Christ gives me."
Philippians 4:13 (GNT)

"Obey God and be at peace with him; this is the way to happiness."
Job 22:21 (NCV)

Next Steps

Visit **PastorRick.com** for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email **Rick@PastorRick.com** for free tools to help you on your spiritual journey!

Has Daily Hope helped you? Share your story with Pastor Rick at **Rick@PastorRick.com**

Help Daily Hope reach more people with the certain hope of Jesus! Give now at **Donate.PastorRick.com**

