

Aveleigh, October 8, 2017 THE HAPPINESS PROJECT
World Communion Sunday
Sermon: THE HAPPY HEART
PHILIPPIANS 2:12-18, p. 1260

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

“You must continue to WORK OUT your salvation with fear and trembling, (with deep reverence & humility) for it is God who WORKS IN you both to will and to act according to his good purpose.” Phil. 2:12-13 (NIV)

4 WORKOUTS FOR A HAPPY HEART

1. REMEMBER THAT GOD IS WITH ME, IN ME & FOR ME.

“For God is always working IN YOU, giving you both the desire to obey him and the power to do what pleases him.” Phil. 2:13 (NIV)

Jesus: “I will not leave you as orphans; I will be WITH YOU... and you will realize that ... you are in me, and I am in you!” John 14:18-20 (NIV)

2. BE GRATEFUL AND NEVER GRUMBLE.

“Do EVERYTHING without complaining or arguing, so that no one can speak a word of blame against you.” Phil. 2:14-15a

*“In EVERYTHING give thanks; for this is God’s Will for you in Christ Jesus.”
1 Thess. 5:18*

“I tell you this, that you will give an account on judgment day of every careless word you have spoken.” Matt. 12:36 (NLT)

3. KEEP MY CONSCIENCE CLEAR.

“You are to live clean and pure lives as children of God in a broken and corrupted generation. You are to shine like stars, lighting up a dark world!” Phil. 2:15

“HAPPY are those who live pure lives, who follow the Lord's teaching, keep his rules, and 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 (LB)

4. MEMORIZE GOD'S WORD AND LIVE IT.

“Hold tightly to the Word of Life ...” Phil. 2:16

“Your principles make me HAPPY, so I NEVER FORGET your Word.” Psalm 119:16 (GW)

*“Lead me in the path of your commands, because that is where my happiness is found.”
Psalm 119:35 (NLT)*

5. USE MY LIFE TO SERVE GOD BY SERVING OTHERS.

“Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood as a sacrifice, I will be happy and full of joy. And you should be happy and full of joy with me too!” Phil. 2:17-18 (NCV)

*Prayer: Father God, as we communion with you today,
I ask for all our Aveleigh Church family, for all their families, and all their acquaintances, grant us Your spiritual gift of joy, that we always may be happy. Amen*

Four For The Road Ahead: 1. How did you prepare for communion?

2. What does communion mean to you?

3. What makes you happier?

4. Could you become a happier person?

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Call to worship

LEADER: Give our knees a workout, O God.

PEOPLE: Humble us. Let gratitude for this gift of a holy meal and its powerful symbol penetrate our lives.

LEADER: Let us leave our sin and our hunger behind

PEOPLE: and remember that we are the people of Christ's table,

LEADER: people ready to be sure that everyone is fed.

PEOPLE: and happy

Prayer of confession

Dear God, I need a new heart. Mine has been broken, battered, embittered. It's been fearful and frustrated. It's been cold and calculating sometimes. It's been deceptive. It's been discouraged. I've been fearful and I've been frustrated. And sometimes I've been sick and self-centered. And I need a new heart.

Dear God, I want to become a new person happier inside. I ask you to do heart surgery on me today. Work in me and give me both the desire and the ability to do the right thing. I want to learn to love you and I want to learn to follow you, Jesus, from this day forward as best I know how. Grant us the happy heart. Amen.