

**Aveleigh's HAPPINESS PROJECT Week 5**

**October 8, 2017**

**Sermon: HAPPINESS LEARNED NOT EARNED**

**Text: Res Ps. 145; 1-13 p. 676-7 & PHILIPPIANS 2:19-30, p. 1260**

*"I hope in the Lord Jesus to send Timothy to you soon, SO THAT I MAY BE CHEERED when I receive news about you. I have no one else like him, who takes a genuine interest in your welfare. For everyone looks out for his 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, fellow 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. Welcome him in the Lord with great joy, and honor men like him, because he almost died for the work of Christ, risking his life to make up for the help you could not give me."*

o **Paul endorsed two men as role models**, Timothy: *"I have no one else like him!"* vs. 20  
Epaphroditus: *"Welcome him... HONOR men like him."* vs. 29

o **Paul said sending these men would bring happiness!** *I'm sending (these men)...*  
*"so that I may be CHEERED"* vs. 19  
*"so that you may be GLAD"* vs. 28  
*"so that I may have less ANXIETY"* vs. 28b  
*"it will make me happy and lighten my cares"* (Living Bible)

**TO BE HAPPY LEARN.....**

**1. SHIFT THE FOCUS AWAY FROM MYSELF.**

*"I have no one else like him, who takes a genuine interest in your welfare. For everyone else looks out for his own interests..."* Phil. 2:20-21

(TEV) *"he genuinely cares for you... others only care about themselves."*

(Ph) *"...they are all wrapped up in their own affairs..."*

**2. BECOME SOMEONE THAT PEOPLE TRUST.**

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

**One, live with integrity.** *"Reliable friends who do what they say are like cool drinks in sweltering heat—refreshing!"* Prov. 25:13 (MSG)

**Two, keep your promises.** *"They always do what they promise, no matter how much it may cost."* Psalm 15:4 (TEV)

### **3.LEARN HOW TO WORK WELL WITH OTHERS.**

*“I send back to you Epaphroditus, my brother, my fellow worker and my fellow soldier, is also your messenger, whom you sent to take care of my needs.” Phil. 2:25*

*(GN) “...he has worked and fought by my side”*

**First, learn to cooperate** *Jesus: “You're blessed when you can show people how to cooperate instead of compete or fight.” Matt. 5:9 (MSG)*

**Second, learn to be considerate.** *But now, I must send him back to you, because he longs to see all of you, and has been worried about your distress since you heard that he was sick.” Phil. 2:25-26 (NCV)*

*“You must get along with each other! You must learn to be considerate of one another, cultivating a life in common.” 1 Cor. 1:10 (MSG)*

*“I don't just do what I like or what is best for me, but what is best for everyone so they may be saved.” 1 Cor. 10:33 (NLT)*

### **4. LIVE FOR SOMETHING WORTH DYING FOR.**

*“Indeed he was very ill, and he almost died... he RISKED HIS LIFE for the work of Christ, and he was at the point of death while trying to do for me the things you couldn't do because you were far away!” Phil 2:27 +30 (NLT)*

*“Only those who give 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 (LB)*

#### **Prayer**

Dear God I want to learn to be happy. I realize that happiness isn't a matter of luck; it's a matter of learning. That I can choose to be happy. I can make decisions to be happy. I can develop character that will make me happy. Help me to get the focus off myself, Help me to become somebody that people can trust. Reliable, dependable, trustworthy. Help me to do what I say I do. Help me to keep my promises. And Lord, I need to learn how to get along better with others. I need to learn how to cooperate and I need to learn how to be considerate. I need to learn how to work with people who are different from me. Lord, help me to live for something worth dying for. I pray this blessing in the name of the Father and the Son and the Holy Spirit. Amen.

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Call to worship

Leader: A blessing for you -- will you take it?

People: Let us choose today.

Leader: A word from the heart -- will you speak it?

People: We will choose today.

Leader: Will you believe, or your Savior neglect?

People: We will serve the Lord.

Leader: Will you receive, or his mercy reject?

People: We will serve the Lord.

Leader: Pause, ere you answer, oh, pause and reflect --

People: We will serve the Lord.

Prayer of Confession

Dear God I want to learn to be happy. I realize that happiness isn't a matter of luck; it's a matter of learning. That I can choose to be happy. I can make decisions to be happy. I can develop character that will make me happy. Help me to get the focus off myself, Help me to become somebody that people can trust. Reliable, dependable, trustworthy. Help me to do what I say I do. Help me to keep my promises. And Lord, I need to learn how to get along better with others. I need to learn how to cooperate and I need to learn how to be considerate.

I need to learn how to work with people who are different from me. Lord, help me to live for something worth dying for. I pray this blessing in the name of the Father and the Son and the Holy Spirit. Amen.