

**AVELEIGH'S HAPPINESS PROJECT,
Sunday Oct.15 Week 6
Sermon, DAILY HAPPINESS HABITS
Philippians 3:1-21 p. 1261**

1. EVERY DAY: RELAX IN GOD'S GRACE

"...We Christians glory in what Christ Jesus has DONE for us and realize that we are helpless to save ourselves." Phil. 3:3 (LB)

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

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

"...in legalistic righteousness, I was faultless." Phil. 3:6

"But I no longer count on my own goodness or my ability to obey God's law. Instead I trust Christ to save me! For God's way of making us right with himself is through faith!" Phil. 3:9 (NLT)

2. EVERY DAY: REMEMBER WHAT MATTERS MOST

"All the things that I once thought were so important to me, I now consider worth nothing, because of Christ." Phil. 3:7

o **THE TRAP: CULTURAL**

"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." Phil. 3:8-9a (NLT)

3. EVERY DAY: GET TO KNOW JESUS BETTER

to know Jesus "I want to know Christ and the power of his resurrection and the fellowship of sharing in his suffering, becoming like him in his death so that somehow I also may be raised to life." Phil. 3:10-11

"For my determined purpose is that I may know Christ – that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding Him more strongly and more clearly..." Phil. 3:10 (Amp)

o **THE TRAP: BUSYNESS**

"Be still, and know that I am God." Psalm 46:10

4. EVERY DAY: REFLECT ABOUT YOUR SPIRITUAL GROWTH

“I don't mean to say I am perfect. I still haven't learned all I should, 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...” Phil. 3:12-13 (LB)

o THE TRAP: PRIDE

“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 Cor. 13:5 (MSG)

5. EVERY DAY: FORGET WHAT CANNOT BE CHANGED AND FOCUS ON YOUR FUTURE

“I am focusing all my energies 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, through Christ Jesus, is calling us up to heaven.” Phil. 3:13-14 (NLT)

o THE TRAPS: REGRET RESENTMENT RIGITY

God says, “Forget the former things and do not dwell on the past. See I am doing a new thing!” Isaiah 43:18-19a

PRAYER, Dear God, I want to learn to relax in your grace every day. To not try to earn your approval but to realize you already love me. And you'll never love me any less or any more. I want to reject legalism, trying to prove my worth by rules, restrictions, regulations. I want to live by grace and I want to be gracious to everybody else. Then Lord, help me to focus every day on what matters most. To not believe the advertisements. To not spend and waste and worry my life away on things that aren't going to matter even a week from today, much less in eternity. Help me to focus on the eternal, what's going to last for eternity, not what's in style. And dear God, I want to make getting to know Jesus better the number one goal of my life. Every day I want to know you a little bit better and I want to love you a little bit more. I want to spend time with you every day, a quiet time, to read your Word and to pray and to listen in conversation with you. Dear God, I want to start a daily spiritual checkup, that during my quiet time I say, Lord, where do I need to grow? Help me to forget what can't be changed in my past and help me to let it go and instead help me to focus in faith on the future and what you have in store for me.

Four For Your Road Ahead- 1. What is a habit?

2. Is there anything you might wish to change in your daily routine?
3. What are the daily happiness habits in today lesson?
4. Could any of those habits make your life happier?

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Call To worship

Leader: The good news of the gospel is this:

For by grace we have been saved through faith.

People: It is not our own doing; it is the gift of God.

Leader: Let us worship the Lord, who is generous to all who call on him

People: Happily we worship Christ our savior.

Prayer of confession

Dear God, We need to learn to relax in your grace every day. To not try to earn your approval but to realize you already love me. And you'll never love me any less or any more. Free us from, trying to prove our worth by rules, restrictions, regulations. We want to live by grace and we want to be gracious to everybody else. Lord, help us to focus every day on what matters most. To not spend and waste and worry our life away on things that aren't going to matter even a week from today, much less in eternity. Help us to focus on the eternal, what's going to last for eternity, not what's in style or fashion. Dear God, We want to make getting to know Jesus better the number one goal. Every day we want to know you a little bit better and we want to love you a little bit more. We want to spend time with you every day to read your Word and to pray and to listen in conversation with you. Help us to forget what can't be changed in the past and help us to let it go and instead help us to focus in faith on the future and what you have in store for us. In Jesus name we ask. Amen.