

RELATIONSHIPS ARE A TRIP

Life is a Highway...Destination Happy!

Philippians 1:1-11

5 LAWS OF HAPPINESS:

1. Don't look for happiness. Create it.
2. Happiness is not a goal.
3. My habits create my happiness.
4. Happiness based on happenings is temporary. But happiness built on habits is longlasting.
5. Happy habits are as addicting as bad habits but they are a whole lot more rewarding.

"This letter is from Paul and Timothy, slaves of Christ Jesus. It is written to all of God's people in Philippi, who believe in Christ Jesus, and to the elders and deacons. 2 May God our Father and the Lord Jesus Christ give you grace and peace. 3 Every time I think of you, I give thanks to my God. 4 I always pray for you, and I make my requests with a heart full of joy 5 because you have been my partners in spreading the Good News about Christ from the time you first heard it until now. 6 And I am sure that God, who began the good work within you, will continue his work until it is finally finished on that day when Christ Jesus comes back again. 7 It is right that I should feel as I do about all of you, for you have a very special place in my heart. We have shared together the blessings of God, both when I was in prison and when I was out, defending the truth and telling others the Good News. 8 God knows how much I love you and long for you with the tender compassion of Christ Jesus. 9 I pray that your love for each other will overflow more and more, and that you will keep on growing in your knowledge and understanding. 10 For I want you to understand what really matters, so that you may live pure and blameless lives until Christ returns. 11 May you always be filled with the fruit of your salvation -- those good things that are produced in your life by Jesus Christ -- for this will bring much glory and praise to God." Philippians 1:1-11

4 HABITS OF RELATIONAL HAPPINESS:

1. I must be grateful for the people in my life.

HAPPINESS HINT: Remember the best and forget the rest.

2. Pray with joy for the people in my life.

"I always pray for you, and I make my requests with a heart full of joy." (v.4)

HAPPINESS HINT: The quickest way to change a bad relationship to a good one is to start praying for them.

- Pray that they will grow in love.
- Pray that they will make wise choices.
- Pray that they will live with integrity.
- Pray that they will become like Jesus.

3. I must expect the best from people in my life.

- He believed in people.
- He gave people vision.
- He was patient with people's progress.

HAPPINESS HINT: Celebrate how far people have come rather than judging them for how far they still have to go.

The key to patience = LOVE.

4. I must love people in my life like Jesus does.

"We know what real love is because Christ gave up His life for us. And so we also ought to give up our lives for our Christian brothers and sisters." 1 John 3:16

