

## SERMON NOTES

Series: Joy No Matter What

Title: Good "Happy-Heart" Health

Text: Philippians 2:12-15

Topic: Spiritual Exercises

Teacher: Pastor Barry

Time: 6/11/23. File Under: Expository



A spiritually and emotionally healthy heart is a \_\_\_\_\_ heart.

\_\_\_\_\_ is one of the primary reasons we lose our happiness. One of our biggest fears is the fear of \_\_\_\_\_.

There are five exercises that will lead to a spiritually/emotionally healthy heart.

**1. REMEMBER THAT GOD IS \_\_\_\_\_ ME, \_\_\_\_\_ ME,  
AND \_\_\_\_\_ ME.**

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

*"I will not leave you as orphans; [Jesus is speaking] I will be with you... and you will realize that... you are in me, and I am in you."*  
John 14:18-20

*"If God is for us, who can defeat us?"* Romans 8:31

**2. BE \_\_\_\_\_ AND NEVER \_\_\_\_\_.**

Another way we lose our happiness is by \_\_\_\_\_ and \_\_\_\_\_ over the small stuff.

*"Do everything without complaining or arguing, so that no one can speak a word of blame against you."* Philippians 2:14-15

*"I tell you this, that you will give an account on judgment day of every careless word you have spoken."* Matthew 12:36

RULE NUMBER ONE: Don't \_\_\_\_\_ the \_\_\_\_\_ stuff.

RULE NUMBER TWO: 90% is the \_\_\_\_\_.

*"In everything give thanks; for this is God's will for you in Christ Jesus."* 1 Thessalonians 5:18

You can be thankful "in" everything because God can use

\_\_\_\_\_ ... a. draw you \_\_\_\_\_ to Him; b. to become more \_\_\_\_\_; c. to help you better \_\_\_\_\_ and \_\_\_\_\_ others; d. to give you a platform to \_\_\_\_\_.

*"In all things God works for the good..."* Romans 8:28