

## SERMON NOTES

Series: Joy No Matter What  
Title: Good “Happy-Heart”  
Health (2)

Text: Philippians 2:16-18

Topic: Spiritual Exercises

Teacher: Pastor Barry

Time: 7/23/23. File Under: Expository



### 3. KEEP YOUR CONSCIENCE CLEAR.

“You are to live clean and pure lives as children of God in a broken and corrupted generation.” Philippians 2:15

“Happy are those who live pure lives, who follow the Lord’s teaching, keep his rules, and try to obey him with their whole hearts.” Psalm 119:1-2

“Blessed are the pure in heart for they shall see God.” Matthew 5:8

How to get clear conscience: “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

Third exercise: At the end of every day **take out the garbage!** “If we confess our sins he’s faithful and just to cleanse us from all unrighteousness.” I John 1:9

### 4. MEMORIZE GOD’S WORD AND LIVE IT.

If you are feeling depressed it’s because you’re thinking depressed thoughts.

If you want to get out of your depression, you change the way you **think**.

“...be transformed by the renewing of your mind.” Romans 12:2b

“...by the washing with water through the Word.” (Ephesians 5:26b) that’s

**meditating** on God’s Word.

**Worry** is taking a negative thought and thinking on it over and over. When you take a **passage of Scripture** and you think on it over and over, that’s **meditation**.

“Hold tightly to the Word of Life.” Philippians 2:16. “Your principles make me happy; so I never forget your Word.” Psalms 119:16

Fourth exercise: Get a **hold** on God’s Word everyday.

### 5. SERVE GOD BY SERVING OTHERS.

“Inasmuch as you’ve done it unto the least of these my brothers, you’ve done it to me.” Matthew 25:40.

Happiness and joy come from **service**.

“If you insist on saving your life for yourself, you will lose it. Only those who sacrificially 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

“I didn’t come to be served but I came to **serve** and to **give** my life as a ransom for many.” Matthew 20:28

“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’ll be happy and full of joy. And you should be happy and full of joy with me too.” Philippians 2:17-18.

Through sacrifice and serving others joy **goes up** and sorrow **goes down**. The more **miserly** I am the more miserable I am.

“I will give you a new heart with a new and right desire, and I will put a new spirit within you. And I will take out your heart hardened by sin and I’ll give you a new heart of love.” Ezekiel 36:26

“Salvation can only be found in Jesus... in all the world there is no one else whom God has given who can save us.” Acts 4:12