

## SERMON NOTES

Series: Joy No Matter What

Title: Happy Is as Happy Does

Text: Philippians 3:1-21

Topic: The Habits of Happiness

Teacher: Pastor Barry

Time: 8/13/23. File Under: Expository



In this passage we find five habits, that lead to happiness.

### 1. Relax in God's grace.

Don't try to **earn** God's love. The Bible is all about what God **has done** for you, not what **you do** for God.

*"We Christians glory in what Jesus has done for us and we realize that we are helpless to save ourselves."* Philippians 3:3

**"Legalism"** is trusting in what I do for God instead of what Jesus did for me.

*"Before I became a Christian, I was a legalist. I was trying to earn heaven through rituals, through my race, through religion, through rules, through reputation. It wasn't working. If anyone was a legalist I was. In legalistic righteousness, I was faultless."* (3-6)

*"I no longer count on my own goodness, and I no longer count on my own 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."* (9)

### 2. Remember what **matters most**.

We are easily distracted by what's **inconsequential** in life. It's usually the **small irritations** that cause you to lose your happiness.

If your **values** haven't changed, **you** haven't been changed.

How much of what I'm worrying about right now is even going to matter tomorrow?

*"Yes, everything else is worthless when compared to 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."* (8)

"He is no fool who gives what he cannot keep to gain what he cannot lose."

### 3. Get to know **Jesus better**.

We were made to live in **relationship** to God.

*"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 may be raised to life."* (10)

I know my wife and kids because I **spend time** with them.

*"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..."* (AV)

**Busyness** is the trap that keeps us from developing important relationships.

*"Be still and Know that I am God."* Psalm 46:10