

The Pursuit of Happiness
Daily Habits for Happiness

I. Introduction

II. Daily Habits for Happiness

A. Every day, relax in God's grace.

1. Religion is what you do for God. Relationship is what God has done for you.
2. Philippians 3:3b (NLT) *We rely on what Christ Jesus has done for us. We put no confidence in human effort.*
 - a. The first trap that will take away your happiness is legalism.
3. Philippians 3:3b-6 (NLT) ^{3b}*We rely on what Christ Jesus has done for us. We put no confidence in human effort,* ⁴*though I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more!* ⁵*I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law.* ⁶*I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault.*

B. Remember what matters most.

1. Philippians 3:7 (NLT) *I once thought these things were valuable, but now I consider them worthless because of what Christ has done.*
 - a. The trap that's going to keep you from this habit is pop culture.
2. How much will this matter in 100 years?

C. Get to know Jesus better.

1. Philippians 3:10 (NLT) *I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death.*
2. You don't get to know Christ by accident!
 - a. It is busyness.
3. To get to know Jesus you have to make time, and spend time, with Him!

D. Think about where you need to grow.

1. Philippians 3:12 (NLT) *I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me.*
 - a. Pride

E. Forget what can't be changed and focus on the future.

1. "I'm going to stop letting the pain of my past control my happiness in the present."

2. Philippians 3:13-14 (NLT) ¹³No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.
 - a. The trap of regret.
 - b. The trap of unforgiveness.

III. Conclusion