

How To Live A Happy Christian Life

Philippians 4:4-19

Intro:

Are you a happy Christian? Are you sad? Are you anxious?

I. What Makes Us Unhappy or Sad?

1. A Loss - death, finances, things (flood), job, position, friend
2. A Disappointment - an expectation not met, hope denied, love
3. A Hurt - people say things, people do things that hurt us
4. An Unfair situation - we get cheated, the short end of the stick.
5. A Sickness - we are down, not feeling well, in pain, laid up

See 2 Corinthians 11:23-29 - Paul's Suffering and Sadness

II. What Can Makes Us Happy Again?

I. Ponder - unarticulated thoughts & feelings cause depression

- a. Your Problem - lay it out clearly, write it in a journal
- b. Your Pain - what hurts? Where does it hurt? How much does it hurt? (Scale of 1-10)
- c. Your Plan - "whatcha gonna do now?" What's your plan of escape?

II. Pray - prayer can be complaint (not complaining)

- a. Tell God everything. Leave nothing out.
- b. Tell God his promise - Is He the cause? (no second causes)
- c. Turn it over to Him - let go of it!

III. Praise - is active, it is done, not thought about

- a. Tune your heart - Sing & Rejoice in the Lord - Phil. 4:4
- b. Thanks - give it. List it. Say it. Tell it. Share it. - Phil. 4:6
- c. Think - on good things you've got, and received from God - Phil. 4:8

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