

# Grow Healthy Relationships

## The Habits of Happiness (Philippians) Part 1 Philippians 1:1-11

### 1. I must be **GRATEFUL** for the people in my life.

*“Every time I think of you, I give thanks to my God.” Philippians 1:3 (NLT)*

*“I thank God for the help you gave me...” Philippians 1:5 (NCV)*

**HH: Remember the **BEST** and forget the **BEST!****

### 2. I need to **PRAY WITH JOY** for the people in my life.

*“I always pray for you, and I make my requests with a heart full of joy...”  
Philippians 1:4*

**HH: Quickest way to change a bad relationship to good: Start **PRAYING** for them.**

*“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ – to the glory and praise of God.” Philippians 1: 9-11 (NIV)*

## Pray they will ...

- **GROW** in love.

*“that your love will grow more and more” vs. 9 (NCV)*

- Make wise **CHOICES**.

*“that you will fully know and understand how to make the right choices.”  
vs. 9b-10a (CEV)*

- Live with **INTEGRITY**.

*“that you may live pure and blameless lives until Christ returns” vs. 10b (NLT)*

- Become like **JESUS**.

*“that you will be filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.” vs. 11 (NIV)*

*“The Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Galatians 5:22-23*

### 3. I must expect the **BEST** from people in my life.

*“I am confident of this, that God who began a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6*

**HH: CELEBRATE** how far people have come rather than **JUDGING** them for how far they still have to go.

*“It is right for me to feel this way about all of you, since I have you in my heart.” Philippians 1:7 (NIV)*

### 4. Love the people in my life like **JESUS** does!

*“God is my witness that I tell the truth when I say that my deep love for you all comes from the heart of Christ Jesus himself.” Philippians 1:8 (TEV)*

*“This is how we know what real love is: Christ gave his life for us. So we then, ought to give our lives for others.” 1 John 3:16 (TEV)*