



Learning to Be Happy- Updated Version
(Why Happy People are Happy)
Philippians 4:10–13
Facebook Live Bible Study

April 1, 2020

Series Introduction:

1. Why **Happy** People Are Happy (Their thinking habits)
2. Why **Sad** People Are Sad
3. Why Some **Families** Are Happy
4. Why Some **Families** Are Sad

Introduction: Philippians 4:10-13

- 10 But I rejoiced in the Lord greatly that now at last **your care** for me has flourished again; though you surely did care, but you lacked opportunity. 11 Not that I speak in regard to need, for **I have learned in whatever state I am, to be content:** 12 I know how to be **abased**, and I know how to **abound**. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. 13 **I can do all things** through Christ who strengthens me. (NKJV)

Big Question: Are you a happy person?

Side Question: What is your plan to become happy?

**I. Paul's Advice to People Who
Want to Be Happy**

1. Be an Intentional Thinker (Philippians 4:8-9)

- 8 Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good report**, if there is any **virtue** and if there is anything **praiseworthy—meditate on these things.**
- **True**
- **Noble**
- **Just**
- **Pure**
- **Lovely**
- **Good Report**
- **Virtue**
- **Praiseworthy**



Message Version: Philippians 4:7–8

- 8 Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

2. Be Appreciative (4:10)

- 10 But I **rejoiced** in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.

3. Be Broad Minded (4:11-13)

- 11 Not that I speak in regard to need, for **I have learned in whatever state I am, to be content**: 12 I know how to be **abased**, and I know how to **abound**. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. 13 **I can do all things** through Christ who strengthens me.

II. Seven Attributes That Qualified Paul to Be Happy

1. He was **teachable** (I have learned)
2. He was **flexible** (Whatever state I am in)
3. He was **content** (To be sufficient in oneself)
4. He was able to be **abased** (Embarrassed)
5. He was able to **abound** (Abundance with overflow)
6. He was committed to a “**can do attitude**”
7. He was dependent on **Christ** (Christ strengthens me)

Next Time: Seven Attributes That Can Rob You of a Happy Life

Big Question: What attitudes do you have that are robbing you of happiness?

Read Ahead: Luke 12:22-35

Hint: Worry and Doubt