



A Happier You

⁴ Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4 (NIV)

Joy Crushers:

√ Unrelenting **WORRY**.

⁶ Do not be anxious about anything...

Philippians 4:6 (NIV)

√ Ungodly **EXPECTATIONS**.

²⁸ The hopes of the godly result in happiness, but the expectations of the wicked come to nothing.

Proverbs 10:28 (NLT)

√ Unhealthy **COMPARISON**.

¹⁰ For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

Galatians 1:10 (ESV)

KEY TRUTH: Joy is a **CHOICE** I can make every day.

Exchanging Heavy For Happy:

1. Prayerfully offer my **PRESSURES** to God for His **PEACE**.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)

2. **THINK** about the right thing... **QUICKER**.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:8-9 (NIV)

3. Relentlessly **TRUST** God in every circumstance.

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us?

Romans 8:31 (NIV)

4. **ANCHOR** my happiness to the **HOPE** of Jesus.

¹⁹ We have this hope as an anchor for the soul, firm and secure.

Hebrews 6:19 (NIV)



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