

Recipe for Happiness
February 21, 2010
New Life Community Church

"I'm glad in God, far happier than you would ever guess – happy that you're again showing such strong concern for me. Not that you ever quit praying and thinking about me. You just had no chance to show it. Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One Who makes me who I am."

Philippians 4: 10 – 13 (The Message)

1. Learn to avoid comparisons.

*"Godliness with contentment is great gain. For we brought nothing into this world, and we can take nothing out of it. **1 Timothy 6: 6- 7***

2. Learn to adjust to change.

"if it is possible, as far as it depends on you, live at peace with everyone."
Romans 12: 18

3. Learn to live in Christ's power.

*"But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." **2 Corinthians 12: 9***

4. Learn to trust God.

*"What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way He works, fuss over these things, but you know both God and how He works. Steep your life in God-reality, God initiative, God provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met." **Matthew 6: 31- 33** (The Message)*

5. Learn to recognize your real hunger.

"God humbled you by letting you go hungry, and then feeding you with manna...He did this to help you realize that real life comes by obeying every command of God."
Deuteronomy 8: 3 (LB)

"Jesus said, 'I am the Bread of Life. Whoever comes to Me will never go hungry and whoever believes in Me will never be thirsty...I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

John 6: 35; 51