

THE HAPPINESS MYTH
(The Real Secret To Happiness)
Philippians 4:11-13

11 Not that I speak from want, for I have learned to be content in whatever circumstances I am. 12 I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me.

God is more interested in your _____ than He is your _____.

Paul gives us the keys to real happiness and exposed the myths about being happy:

Learned (v 11)

Content (v 11)

Content has the idea of having everything you _____. It literally means _____. Paul is saying that contained in Jesus Christ you have everything you _____ to be happy.

Contentment is wanting what God _____. It is the pursuit of God's _____.

Paul's happiness was not contingent on _____, _____, or _____.

Here are 10 Happiness Myths:

I If I Only Had _____ Else, I Would Be Happy

Ecclesiastes 2:4-11

II If I Only Had _____ Else, I Would Be Happy

It's the Myth of the _____.

III If Only I Were _____ Else, I Would Be Happy

IV If it was Only _____ Else, I Would Be Happy

V If Only Some Way I Had More _____, I Would Be Happy

I Timothy 6:6-7

VI If Only I Had _____, I Would Be Happy

VII If Only I Could Be Someone _____, I Would Be Happy

VIII If Only I Could Somehow _____ Different, I Would Be Happy

IX If Only I Could Do _____ Else, I Would Be Happy

X If Only I Could Somehow _____ Someone _____ for Hurting Me, I Would Be Happy.

Paul says, “No, these are not the secrets to happiness. So what is the Secret Paul is talking about? Notice from Philippians 4:13:

“I Can Do”--

“All Things”--

“Through Him”--

“Who”--

“Strengthens Me”--

Summing up Paul’s Secret:

Pursue God’s _____; pursue Jesus; pursue His _____; pursue _____; go after purity; and the result will be _____.