**Happy People Hope**

***What Makes You Happy*** *(2 of 6)* April 30-May 1, 2016

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**John 10:10** The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**The 1st Surprising Secret of Sustainable Happiness:**

**Happiness is more about \_\_\_\_\_\_\_\_\_\_\_\_ than \_\_\_\_\_\_\_\_\_\_\_\_.**

**Philippians 1:12-25** Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. 14 And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

15 It is true that some preach Christ out of envy and rivalry, but others out of goodwill. 16 The latter do so out of love, knowing that I am put here for the defense of the gospel. 17 The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. 18 But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.

Yes, and I will continue to rejoice, 19 for I know that through your prayers and God’s provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. 20 I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. 21 For to me, to live is Christ and to die is gain. 22 If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far; 24 but it is more necessary for you that I remain in the body. 25 Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith.

**WHY SO UNHAPPY?**

**Reason #1:** Unpleasant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Pessimists process bad events as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and good events as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Optimists process \_\_\_\_\_\_\_\_\_\_\_\_ events as temporary and isolated, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ events as permanent and universal.

**The 2nd Surprising Secret of Sustainable Happiness:**

**Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ impacts the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Reason #2:** Unreasonable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Reason #3:**  Uncertain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**WHAT HAPPILY, OPTIMISTIC PEOPLE DO:**

1) \_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in every difficulty.

2) \_\_\_\_\_\_\_\_\_ on the things you can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3) \_\_\_\_\_\_\_\_\_\_ love, \_\_\_\_\_\_\_\_\_\_\_\_\_ love, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ love.

*A simple, hopeful prayer for this week:* “God, I know you’ve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!”

“Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence.”

**—Helen Keller**

“Man can live about 40 days without food, about three days without water, about eight minutes without air, but only one second without hope.”

**—UNKNOWN**