

Life Steps

The Happy Life: How to be Miserable | January 23 & 24, 2021

Day 1

Philippians 1:12-26

Reflect: Review the 4 ways to make your life miserable. What is your primary take away and action step this week?

Prayer: God of everlasting joy, help me to discover the joy that can only come from you. Open my eyes to see every circumstance of my life rests in your hands. Fill me with your joy and lead me to focus on you and others more than myself. In Jesus' name, amen.

Day 2

Philippians 1:12-14

Reflect: Reflect upon Paul's circumstances. What is remarkable about how he views his circumstances? How often is your happiness dependent upon your circumstances? Example?

Prayer: God of everlasting joy, help me to discover the joy that can only come from you. Open my eyes to see every circumstance of my life rests in your hands. Fill me with your joy and lead me to focus on you and others more than myself. In Jesus' name, amen.

Day 3

Philippians 1:15-18a

Reflect: Who are the people you allow to "stir up trouble" in and imprison your spirit? What will it take for you to say like Paul, "But what does it matter?"

Prayer: God of everlasting joy, help me to discover the joy that can only come from you. Open my eyes to see every circumstance of my life rests in your hands. Fill me with your joy and lead me to focus on you and others more than myself. In Jesus' name, amen.

Day 4

Philippians 1:18b-26

Reflect: In the last week what circumstances have you allowed to steal your joy? How might believing "to live is Christ and to die is gain" impact your daily joy levels?

Prayer: God of everlasting joy, help me to discover the joy that can only come from you. Open my eyes to see every circumstance of my life rests in your hands. Fill me with your joy and lead me to focus on you and others more than myself. In Jesus' name, amen.

Day 5

Philippians 1:3-7

Reflect: Why is Paul so thankful for the church in Philippi? Why are you thankful for your own church home?

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Day 6

Hebrews 3:7-13

Reflect: Reflect upon the patterns of communication in your key relationships this past week. How many positive emotional exchanges were experienced versus negative ones? Identify any relationships where you need to work together to improve.

Prayer: God of everlasting joy, help me to discover the joy that can only come from you. Open my eyes to see every circumstance of my life rests in your hands. Fill me with your joy and lead me to focus on you and others more than myself. In Jesus' name, amen.

Day 7

Galatians 5:19-23

Reflect: When life happens and circumstances are less than desirable, which fruits of the spirit are more prevalent and absent from your life? Why do you think that is?

Prayer: God of everlasting joy, help me to discover the joy that can only come from you. Open my eyes to see every circumstance of my life rests in your hands. Fill me with your joy and lead me to focus on you and others more than myself. In Jesus' name, amen.