

HOW TO BE SUCCESSFUL AND HAPPY IN LIFE HAPPINESS CAN BE LEARNED

Some observations:

1. Many people think that happiness is simply a matter of luck.
2. Actually, happiness can be learned.

I. PAUL ENDORSES THESE TWO GUYS TIMOTHY AND EPAPHRODITUS AS ROLE MODELS.

- A. Timothy – “I have nobody else like him.”
- B. Epaphroditus, he says “I want you to welcome him and honor him because he nearly died for my sake.”
- C. Paul says, “I’m going to send these guys to you for three reasons.”
 1. He says in verse 19, “So that I may be cheered.” So that I can be happy.
 2. Then in verse 28 he says, “So that you may be happy”. “So that you may be glad”.
 3. Then he says in verse 28, “So that I may have less anxiety.”

II. WHAT THIS PASSAGE TEACHES US IS THAT THERE ARE FOUR QUALITIES YOU NEED TO HAVE IN YOUR LIFE IN ORDER FOR YOUR HAPPINESS TO GO UP AND FOR THE HAPPINESS OF PEOPLE AROUND YOU TO GO UP TOO.

- A. Shift the focus away from yourself.
 1. This is the starting point for all happiness.
 2. Unselfish people are very, very rare.
 3. Looking out for other people is something you have to learn to do.
- B. Become someone that people trust.

Prov. 13:15, “Intelligence wins respect, but those who can’t be trusted are on the road to ruin.”
(GNT)

1. If you learn to be trustworthy; you learn to be reliable; you learn to be consistent; you learn to be dependable; and you develop that quality in life, you’re going to be a whole lot happier than people who aren’t worthy of trust.

Phil. 2:22, “But you know his proven character...” (NKJV)

2. How do you develop a reputation for reliability?

The Bible tells us:

- a. Live with integrity.
- b. Make sure that your actions match your words.
- c. Learn to keep your promises.

Prov. 25:13, “Reliable friends who do what they say are like cool drinks in sweltering heat C refreshing!” (MSG)

Prov. 25:19, “Putting confidence in an unreliable man is like chewing with a sore tooth, or trying to run on a broken foot.” (TLB)

- d. The greatest ability is dependability.

Prov. 28:20, “A faithful man will abound with blessings, but he who hastens to be rich will not go unpunished.” (NKJV)

If I want to be happy, then I've got to first, shift the focus away from myself. It's not about me. Second, I've got to become somebody that people trust.