

HOW TO BE SUCCESSFUL AND HAPPY IN LIFE  
Develop the Habits of Happiness

I. HAPPINESS ISN'T BASED ON YOUR HAPPENINGS OR YOUR HAPPENSTANCES.

A. Some important facts about happiness.

1. Don't look for happiness; create it.
  - a. You're as happy as you choose to be.
2. Happiness is not a goal.
  - a. It's actually the result of right thinking, right living, and right acting.
  - b. Making happiness the goal of your life will guarantee that you're never going to be happy.
3. Your habits create your happiness.
  - a. We shape our habits and then they shape us.
4. Happiness based on happenings is temporary.
5. Happy habits are as addicting as bad habits but they're a whole lot more rewarding.

II. IF YOU WANT TO BE HAPPY IN LIFE WHERE DO YOU START?

A. Start with developing the habit of being grateful for the people who are in your life.

Phil. 1:1-3, "Paul and Timothy, bondservants of Jesus Christ, To all the saints in Christ Jesus who are in Philippi, with the bishops and deacons: Grace to you and peace from God our Father and the Lord Jesus Christ. I thank my God upon every remembrance of you." (NKJV)

1. The more grateful you are the happier you are.
2. The more ungrateful you are the more unhappy you are.
3. We are not, by nature, grateful people.

Acts 16:12-15, "And from there to Philippi, which is the foremost city of that part of Macedonia, a colony. And we were staying in that city for some days. And on the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met *there*. Now a certain woman named Lydia heard *us*. She was a seller of purple from the city of Thyatira, who worshiped God. The Lord opened her heart to heed the things spoken by Paul. And when she and her household were baptized, she begged *us*, saying,

'If you have judged me to be faithful to the Lord, come to my house and stay.' So she persuaded us." (NKJV)

4. What is it you've forgotten that other people have done for you?

B. To be grateful for the people in your life you must develop a selective memory.

1. Memories are a choice.

Phil. 3:17, "Dear brothers, pattern your lives after mine." (TLB)

**IF YOU WANT TO BE HAPPY IN LIFE, REMEMBER THE BEST AND FORGET THE REST.**