LIFE AS IT SHOULD BE
Philippians 1.1-2

Paul and Timothy, servants of Christ Jesus,

To all the saints in Christ Jesus at Philippi, together with the overseers and deacons:

Grace and peace to you from God our Father and the Lord Jesus Christ.

Philippians 1.1-2

James Montgomery Boice calls the “letter to the Philippians one of the most joyous books in the Bible. All the way through the letter Paul speaks of joy, of inner happiness – sixteen times in four brief chapters.” Some of our most cherished verses are found in Philippians. Many believe that studying this book is a must for spiritual renewal, and renewal is the essence of dynamic Christianity and the basis upon which Christians can discern the will of God (Romans 12.1-2; Philippians 4.8-9).

The book we’re beginning to study today is one of the most encouraging books in the Bible. It focuses on our relationship with Christ and the joy that comes from knowing him. Philippians will give us a new perspective on life and help us appreciate what we have in Christ.

From the website mayoclinic.com comes an interesting article on cultivating contentment. What I found most compelling is how their tips mirrored the major themes of the book of Philippians.

“The bulk of what determines happiness is your personality and – more modifiable – your thoughts and behaviors. So, yes, you can learn how to be happy – or at least happier.”

12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength. Philippians 4.12-13

So, what are some of the things Paul had “learned” to get him to the point where he could say, I am “content in any and every situation”? What is it that we need to learn so we may Live Life as It Should Be lived?

We need to … INVEST IN RELATIONSHIPS

Paul and Timothy, servants of Christ Jesus,

To all the saints in Christ Jesus at Philippi, together with the overseers and deacons. Philippians 1.1; 2.19-20; 4.2-3, 10-19

We need to … EXPRESS GRATITUDE

I thank my God every time I remember you. Philippians 1.3-11, 18; 2.17-18; 3.1; 4.1, 4, 10

We need to … CULTIVATE OPTIMISM

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1.6, 12-14, 18, 20, 27-30; 2.17-18, 19, 24; 3.7-11; 4.8-9, 13

We need to … FIND OUR PURPOSE – AND STICK TO IT

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. Philippians 1.18, 21-22; 2.1-5, 12-13; 3.10-14, 17

We need to … LIVE IN THE MOMENT

For to me, to live is Christ and to die is gain. Philippians 1.21, 27-28a; 2.14-16; 3.12; 4.10-13

http://www.mayoclinic.com/health/how-to-be-happy/MY01357