

“You’re Not Enough”
What Makes You Happy?, Part 6
5/10 & 5/13/18

Happiness Principles

1. What makes you happy? **NO THING** (Happiness is more about a “who” than a “what”)
2. What makes you happy? **SOWING** (Happiness is an outcome & is not immediately accessible)

You Are Not Enough

As long as you are all about **YOU**, you can’t and you won’t be **HAPPY**

You can’t **FULFILL** you – you need **MORE** than you have to offer

You **CANNOT** acquire, consume, or exercise your way to happiness

We often create a “**COMPOSITE**” person/life of what we’d like our life to be like

It is easy to focus on becoming something you are **NOT** – and you probably won’t ever be

You call a composite person “**FRANKENSTEIN**” – they don’t **EXIST**

What Really Does Make You Happy Is Counterintuitive To What You Think

You may not be able to acquire and consume and exercise your way to happiness, but you can actually **SERVE** and **VOLUNTEER** your way there

There is an overt connection between people’s happiness, people’s health, and their willingness to be **SELFLESS**

Conclusion: One of the best things you can do for yourself is not **FOCUS** so much on **YOURSELF**

Selflessness leads to **HAPPINESS**, a better sense of **WELL-BEING**, and even better **HEALTH**

How Can Behaving Selflessly Make Me Happier?

The biggest reason most don’t volunteer and serve somewhere is, “I don’t have **TIME**” – you really don’t have time **NOT TO**

One of the **BEST** things you can do for you is **QUIT** doing so much for you

How can this be? **DIVINE DESIGN**: This is how you were **CREATED** to be
(see insert “*The One Anothers of the New Testament*”)

Selfishness comes **NATURALLY**, but selfishness was **NOT** part of your divine design – selfishness is the result of our brokenness

Sin separates us into our own **SELF-CENTERED** worlds

You are most filled **UP** when you pour yourself **OUT**

Happy people find a way to give their life **AWAY**

Galatians 5:19-21 (NLT) “¹⁹When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures,²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.”

When you give in to your selfishness, it is pleasure for you at someone else’s **EXPENSE**

All of the things surrounding with our sinful desires and sinful nature are all associated with **APPETITES**

Appetites are never fully & finally **SATISFIED**; when you feed an appetite it **GROWS**

Galatians 5:22-23 (NAS) “²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law.”

When we say, “*God, I want Your will. I want You to live Your life through me.*” This is what God is going to **PRODUCE** through you.

Selfishness is natural, but it is not by **DESIGN**. The more selfless you are, the **HAPPIER** you will be

The value of a life is always measured by how much of it was **GIVEN AWAY**

Giving your life away is what makes you **GREAT**

Pouring **OUT** is what fills an individual **UP**

You’ve got to find a way to **SYSTEMATICALLY** give your life **AWAY**

If you don’t figure out how to give your life away, you are the **DEAD SEA**

You were designed by God to **GIVE** your life away; you were made for **MORE** than you

If it’s all about you, you’ll never be **HAPPY** – you need **MORE** than you

We’ve all **BENEFITTED** from someone’s else’s selflessness – let’s do the **SAME**

My Next Step Today Is:

- I want to give my life away by serving at or through New Hope, please contact me about opportunities
- I will spend some time this week reading over “The One Another’s of the New Testament” insert

Next week: Join us for our new message series, “5 Blind Spots – Blocking God’s Work in You.” Invite a friend!

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Happiness Principles

3. What makes you happy? _____ (Happiness is more about a “who” than a “what”)
4. What makes you happy? _____ (Happiness is an outcome & is not immediately accessible)

You Are Not Enough

As long as you are all about _____, you can’t and you won’t be _____
You can’t _____ you – you need _____ than you have to offer
You _____ acquire, consume, or exercise your way to happiness
We often create a “_____” person/life of what we’d like our life to be like
It is easy to focus on becoming something you are _____ – and you probably won’t ever be
You call a composite person “_____” – they don’t _____

What Really Does Make You Happy Is Counterintuitive To What You Think

You may not be able to acquire and consume and exercise your way to happiness, but you can
Actually _____ and _____ your way there
There is an overt connection between people’s happiness, people’s health, and their willingness to be

Conclusion: One of the best things you can do for yourself is not _____ so much on _____
Selflessness leads to _____, a better sense of _____, and even better

How Can Behaving Selflessly Make Me Happier?

The biggest reason most don’t volunteer and serve somewhere is, “I don’t have _____” – you
really don’t have time _____
One of the _____ things you can do for you is _____ doing so much for you
How can this be? _____: This is how you were _____ to be
(see insert “The One Another of the New Testament”)
Selfishness comes _____, but selfishness was _____ part of your divine design
– selfishness is the result of our brokenness
Sin separates us into our own _____ worlds
You are most filled _____ when you pour yourself _____
Happy people find a way to give their life _____

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Appetites are never fully & finally _____; when you feed an appetite it _____

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When we say, “*God, I want Your will. I want You to live Your life through me.*” This is what God is going to _____ through you.

Selfishness is natural, but it is not by _____. The more selfless you are, the _____ you will be

The value of a life is always measured by how much of it was _____

Giving your life away is what makes you _____

Pouring _____ is what fills an individual _____

You’ve got to find a way to _____ give your life _____

If you don’t figure out how to give your life away, you are the _____

You were designed by God to _____ your life away; you were made for _____ than you

If it’s all about you, you’ll never be _____ – you need _____ than you

We’ve all _____ from someone’s else’s selflessness – let’s do the _____

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