

**“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) “<sup>19</sup>When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures,<sup>20</sup> idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, <sup>21</sup>envy, 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) “<sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, 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 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  
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**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 Anothers 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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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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