

# Habits of Happiness

Mind Your Mind  
Feb. 01, 2026  
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*Philippians 1:3-7 “Every time I think of you, I give thanks to my God. <sup>4</sup>Whenever I pray, I make my requests for all of you with joy, <sup>5</sup>for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. <sup>6</sup>And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. <sup>7</sup>So it is right that I should feel as I do about all of you, for you have a special place in my heart.” (NLT=New Living Translation)*

## 1. Think about people thankfully

*Philippians 1:3 “Every time I think of you, I give thanks to my God.” (NLT)*

- Reject the \_\_\_\_\_ thinking

*II Corinthians 10:5 “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (NIV=New International Version)*

- Thank God that He has a plan for their lives
- Thank God for the \_\_\_\_\_ they do in this life

## 2. Think about people prayerfully

*Philippians 1:4 “Whenever I pray, I make my requests for all of you with joy,” (NLT)*

- Let your thoughts prompt you to pray
- Pray that God \_\_\_\_\_
- Pray for \_\_\_\_\_ in their lives

## 3. Think about people progressively

*Philippians 1:6 “And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” (NLT)*

- Remember you have encountered an \_\_\_\_\_

- Remember we all have different issues \_\_\_\_\_

- Remember we grow at a different \_\_\_\_\_

#### **4. Think about people lovingly**

*Philippians 1:7 “So it is right that I should feel as I do about all of you, for you have a special place in my heart.” (NLT)*

- Think about others with \_\_\_\_\_
- Think about others with \_\_\_\_\_
- Think about others with God’s help

*Philippians 2:12-13 “...Work hard to show the results of your salvation, obeying God with deep reverence and fear. <sup>13</sup>For God is working in you, giving you the desire and the power to do what pleases him.” (NLT)*

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#### **Discussion Questions:**

1. How can habits increase or decrease our happiness in life? Can you give some examples? How can the way we think about others impact our happiness?
2. How can we think about people thankfully? Discuss the process of taking our thoughts captive.
3. How do we think about people prayerfully? Have you ever prayed for those you struggle getting along with? Discuss that experience.
4. What does it mean to think about people progressively and how does this help?

5. What things can we practice that will help us think about people lovingly?
6. Are there people you need to work at thinking differently about?

