



February 13th & 14th 2016
 Andy Stanley
 Part 6: YOU'RE NOT ENOUGH
 happyseries.org

vision TEACHING NOTES

Happiness: You've got to _____ for it.
 As long as you are all about you, you won't be happy
 You can't _____ you.

You can't _____, _____, or _____



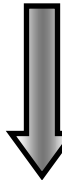
Composite Person

You can _____ & _____
 your way there

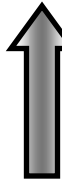
SATISFYING JOBS

VOLUNTEERING, HEALTH & HAPPINESS

- CARING FOR _____
- TEACHING _____
- PROTECTING _____
- CREATIVE PURSUITS



- DEPRESSION
- HEART DISEASE
- STRESS
- DRUG USE
- UNPLANNED PREGNANCIES



- PSYCHOLOGICAL WELL-BEING
- PHYSICAL HEALTH
- SELF ESTEEM
- LONGEVITY
- QUALITY OF LIFE

HOW CAN BEHAVING SELF-LESSLY MAKE MYSELF HAPPIER?
 HOW CAN EMPTYING MYSELF LEAVE ME FEELING FULL?

Devine _____

Sin _____ us into our own _____ centered worlds.

Galatians 5:19

The acts of the **flesh** are obvious: sexual immorality, impurity and debauchery; **idolatry** and **witchcraft**; hatred, discord, jealousy, fits of rage, **selfish** ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

Galatians 5:22

But the fruit of the Spirit is love, joy, **peace**, forbearance, kindness, goodness, faithfulness, gentleness and **self-control**. Against such **things** there is no law.

How do we measure the value of a life? The value of a life is measured by how much of it is _____ away.

If it's all about _____, you'll never be _____. You were designed by the _____ of life to _____ your life away.

BLANKS: SOW, FULFILL, ACQUIRE, CONSUME, EXERCISE, SERVE, VOLUNTEER, OTHERS, OTHERS, OTHERS, DESIGN, SEPARATES, SELF, GIVEN, YOU, HAPPY, GIVER, GIVE



PART SIX: YOU'RE NOT ENOUGH

1. ARE YOU CREATING A MONSTER?

Admiring the apparent qualities in other people's lives is not a dark, evil thing. It's good to be inspired by others. But, it can become very unhealthy when we become focused on measuring ourselves against others and try to cherry-pick their qualities and graft them into ourselves. We become like Frankenstein. The danger is when we become consumed by the quest of having someone else's money, shape, looks, personality, relationships, etc. Instead focus on God's design for you (to love and serve others) and He will develop you into the best you.

2. WHO'S PAYING FOR THIS?

When we pursue our natural selfish appetites, somebody else pays. This week (later today) when we are tempted to do something that goes against God but seems like it hurts no one, let's reconsider. If it hurts your character (and all sin does), then it will hurt your relationships with your family and others. So if we just decide to follow through and continue the habit, commit the sin, at least let's be honest and admit that we are willingly putting ourselves first even if it hurts someone else. Ouch! But hopefully this realization will be great motivation to do something extreme (as Pastor Andy spoke of in Part 5) to confront and eradicate selfish sin from our life.

3. BE A REBEL

If something is intuitive, it's what most people do. Pursuing happiness through self-improvement (acquire, consume, exercise) is an example. Most likely all of us buy into this to some degree because it is all around us and constantly reinforced in our minds. So let's rebel. Let's grasp and commit to this truth that is counter-intuitive and counter-culture. Pursue happiness by giving yourself to others in the name and love of Jesus Christ. You're a rebel!