



7 Habits of Happy People "Sacrificial Servants"

Galatians 5:1-11

Happy People are Sacrificial Servants who aggressively look for ways to minister to others! 😊

How many times a day do you choose to serve others? ____

1. Sacrificial Servants believe that the most Christ-like actions are _____ ones for the ____ of _____. (vv. 1-6; Philippians 2:3-4)

1) How committed are you to a life of sacrifice, from 1 to 10? ____

2) When was your last sacrificial act of service? _____

Will you make sacrificial service a way of life?

2. Sacrificial Servants stay ____ to the _____ to a life of sacrificial service—_____ and _____! (vv. 7-12)

1) See Galatians 1:6-10; 2:15-21

2) It is **ONLY** by grace through faith in Jesus Christ as the Son of God and your personal Savior that you are set free to serve selflessly.

How alert are you to others and your own attitudes that would derail you from serving?

3. Sacrificial Servants choose to _____ of others ____ and seek out the _____ way to _____ them in _____ name. (vv. 13-15)

1) Remember that freedom is not for your self-centered pleasure. (v. 13)

2) Refuse to be fearful of living to serve others, no matter the sacrifice!

You may be able to serve without loving,
but you cannot love without serving!

Habit # 1

Happy People Act Maturely...like a Grown Up! 😊

Habit # 2

Happy People Prioritize the Eternal...because it lasts so long and gets here so quickly! 😊

Habit # 3

Happy People Live Others'-focused Lives...because that's what Jesus did! 😊

Habit # 4

Happy People are Prayers who Intercede for Others...because it Blesses so Powerfully! 😊

Habit # 5

Happy People are Faith-filled Encouragers who Bless Others through their Words and Deeds! 😊

7 Criteria For Emotional Maturity

By William C. Menninger, M.D.

1. The ability to deal constructively with reality.
2. The capacity to adapt to change.
3. A relative freedom from symptoms that are produced by tensions and anxieties.
4. The capacity to find more satisfaction in giving than receiving.
5. The capacity to relate to other people in a consistent manner with mutual satisfaction and helpfulness.
6. The capacity to direct one's instinctive hostile energy into creative and constructive outlets.
7. The capacity to love.