

**Happiness In A High Tech World - Part 1**  
**Nine Attitudes To Build My Life On**  
**Matthew 5:1-12**

**Vs. 3 – Humility**

Vs. 4 – Brokenness

Vs. 5 – Self-controlled

Vs. 6 – Righteousness

Vs. 7 – Mercy

Vs. 8 – Purity

Vs. 9 – Peacemaking

Vs. 10 – Endurance

Vs. 11-12 – Faithfulness

Matthew 5:3 (ESV) *“Blessed are the poor in spirit for theirs is the kingdom of heaven.”*

**For most happiness comes from externals**

**God says the source of happiness is within**

**BTW** - Happiness is never determined by what's happening around me, it's determined by what's happening in me!

**OMW** - If you have to have all your problems solved before you can be happy, you will never be happy.

**CUZ** - Happiness depends on right attitudes

**Self Righteousness vs. Humility**

Luke 18:10-14 (Msg) *“Two men went up to the Temple to pray, one a Pharisee, the other a tax man. The Pharisee posed and prayed like this: Oh, God, I thank you that I am not like other people—robbers, crooks, adulterers, or, heaven forbid, like this tax man. I fast twice a week and tithe on all my income. Meanwhile the tax man, slumped in the shadows, his face in his hands, not daring to look up, said, God, give mercy. Forgive me, a sinner. Jesus*

*commented, This tax man, not the other, went home made right with God. If you walk around with your nose in the air, you're going to end up flat on your face, but if you're content to be simply yourself, you will become more than yourself.”*

Psalms 51:17 (MSG) *“I learned God-worship when my pride was shattered. Heart-shattered lives ready for love don't for a moment escape God's notice.”*

**The first step to happiness is: Humility**

**Humility is: not thinking less of me, just more of you!**

Phil 2:3b (LB) *“...Be humble, thinking of others as better than yourself.”*

- **Humility reduces stress**

Luke 18:11 (NIV) *“The Pharisee stood up and prayed about himself: God, I thank you that I am not like other men...”*

(Msg v. 11) *“...The Pharisee posed and prayed...”*

**i - As the stress goes down, the happiness goes up!**

- **Humility improves relationships**

Prov 13:10 (LB) *“Pride leads to arguments; be humble, take advice, and become wise.”*

***Self-centered people struggle with these phrases:***

*“I was wrong... I'm sorry... I need help...”*

Phil 2:3a (LB) *“Don't be selfish; don't live to make a good impression on others. Be humble thinking of others...”*

**i - When I'm humble I'm almost immune to insults. I'm not easily offended.**

- **Humility releases God's power**

James 4:6 (NIV) *“God opposes the proud but gives grace to the humble.”*

Luke 18:14 (NIV) *"I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted."*

**i - God is for the humble**

Ask yourself this: In what area this week can I practice humility?

John 13:17 (NIV) *"Now that you know these things, you will be blessed if you do them."*

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**SMALL GROUP GUIDE**

**iWelcome**

**Question 1** – *When did you get your first cell phone? Tell about where and when.*

**Question 2** – *Are you a: High tech... Low tech... Or no tech person? Explain. (Do you e-mail, text, are you on face book etc?)*

**iWorship - Read aloud as a group** - Eph 4:2-4 (NIV) *"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit-- just as you were called to one hope when you were called."*

As an act of worship take turns praying for one another. Here's how: In humility share a concern that you have in your life today, and then pray for each other.

**iWord** - James 4:10 (NIV) *"Humble yourselves before the Lord, and he will lift you up."*

The Greek word for humility is: tapeinophrosune (tap-i-nof-ros-oo'-nay) or a form of it and it means *lowliness or humility of the mind.*

What does humility of the mind look like and what actions show humility of the mind?

Why is humility such a respected quality yet so often not seen?

What kind of thinking leads to this (tapeinophrosune) humility of the mind?

James 4:6 (NIV) *"God opposes the proud but gives grace to the humble."*

The Bible says to humble ourselves, what happens when we do that? What happens when we don't? (according to James 4:10 & James 4:6)

Why is pride such an issue with people? What kind of thinking leads to pride?

James 1:9 (NIV) *"The brother in humble circumstances ought to take pride in his high position."*

What does this verse mean in light of the humility and pride discussion?

**iWalk** - How is pride affecting your life? What is one thing you could do this week to practice humility?

Pray for God to grant you the grace He offers!

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**Memory verse:** Matthew 5:3 (ESV) *"Blessed are the poor in spirit for theirs is the kingdom of heaven."*