

**SEVENTH SUNDAY IN KINGDOMTIDE**

**JULY 24, 2022**

**THE HOW OF HAPPINESS**

**8 PRINCIPLES FOR POWERFUL LIVING**

**“HAPPY ARE THE HUMBLE”**

**Scripture:** St. Matthew & The Epistle to the Romans (CEB)

**Matthew 5:1-5**

<sup>1</sup> Now when Jesus saw the crowds, he went up a mountain. He sat down and his disciples came to him. <sup>2</sup> He taught them, saying:

<sup>3</sup> “Happy are people who are hopeless, because the kingdom of heaven is theirs.

<sup>4</sup> Happy are people who grieve, because they will be made glad.

<sup>5</sup> Happy are people who are humble, because they will inherit the earth.”

**Romans 12:1-5**

<sup>1</sup> So, brothers and sisters, because of God’s mercies, I encourage you to present your bodies as a living sacrifice that is holy and pleasing to God. This is your appropriate priestly service. <sup>2</sup> Don’t be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God’s will is—what is good and pleasing and mature.

<sup>3</sup> Because of the grace that God gave me, I can say to each one of you: don’t think of yourself more highly than you ought to think. Instead, be reasonable since God has measured out a portion of faith to each one of you. <sup>4</sup> We have many parts in one body, but the parts don’t all have the same function. <sup>5</sup> In the same way, though there are many of us, we are one body in Christ, and individually we belong to each other.



**~ Sermon Notes ~**

In the fourth of the eight proven principles of true happiness, Jesus reminds us of what it means to stay humble in a haughty world. Let me underscore what I consider to be some very special qualities of humble-minded people, and why they don’t have to search for happiness because happiness finds them:

**Humble-Minded People...**

**1. Trust God with \_\_\_\_\_.**

Knowing how much God loves us humbles our spirit and empowers us to live in such a way that the challenges and setbacks of life become a catalyst for a deeper spiritual awareness that is often missing in those around us.

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**2. Treat Others with \_\_\_\_\_.**

Humility opens our eyes to the reality that every person we come in contact with is a child of God and deserves to be treated with love and compassion.

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**3. Train for the \_\_\_\_\_.**

Faith gives us the power to keep life in perspective, allow God room to work through every circumstance, and trains us to keep in step with Christ over the long haul.

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**4. Truly Look for the \_\_\_\_\_.**

We all know that the world we share has many problems that seem insurmountable, but a humble spirit enables us to look beyond our circumstances to see God at work.

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