

INTRODUCTION.

- A. Scripture text: **Philippians 4:4.**
- B. Fifteen things you can do to improve your life.
- C. This list comes from Alan Bryan.

FIFTEEN RULES.

- A. (1) **Count Your Blessings.**
Count your blessings, not your troubles. Other people don't need your troubles they have enough of their own (Mal. 3:10).
"Bring the whole tithe into the storehouse, so that there may be food in My house, and test Me now in this," says the LORD of hosts, "if I will not open for you the windows of heaven, and pour out for you a blessing until it overflows."
- B. (2) **Live One Day at a Time.**
You can control and conquer any sin if you will learn to live one day at a time (Jas. 4:13-15).
Come now, you who say, "Today or tomorrow, we shall go to such and such a city, and spend a year there and engage in business and make a profit." **14** Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. **15** Instead, you ought to say, "If the Lord wills, we shall live and also do this or that."
- C. (3) **Learn to Say, "I Love You."**
Break the "alabaster box" of kindness to as many people as possible each day (Mk. 14:3-6).
And while He was in Bethany at the home of Simon the leper, and reclining at the table, there came a woman with an alabaster vial of very costly perfume of pure nard; and she broke the vial and poured it over His head. **4** But some were indignantly remarking to one another. "Why has this perfume been wasted? **5** "For this perfume might have been sold for over three hundred denarii, and the money given to the poor." And they were scolding her. **6** But Jesus said, "Let her alone; why do you bother her? She has done a good deed to Me."
- D. (4) **Learn to be a Giver.**
Learn to be a giver, and not a getter. If you are failing to get out of life what you want it is because you are expecting to get instead of give (Lk. 6:38).
"Give, and it will be given to you; good measure, pressed down, shaken together, running over, they will pour into your lap. For by your standard of measure it will be measured to you in return."
- E. (5) **Seek Good in Everyone and Everything.**
Be a "good" seeker and not a "fault" finder (Mt. 7:1-5).
"Do not judge lest you be judged. **2** "For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. **3** "And why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? **4** "Or how can you say to your brother, 'Let me take the speck out of your eye,' and behold, the log is in your own eye? **5** "You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."
- F. (6) **Pray everyday.**
Reserve time each day to thank God for His many blessings and ask for His guidance (Lk. 18:1).
Now He was telling them a parable to show that at all times they ought to pray and not to lose heart,...
- G. (7) **Do at Least One Good Deed each Day.**
Plant the seed of "goodness" and it will produce after its kind (Ac. 10:38).
"You know of Jesus of Nazareth, how God anointed Him with the Holy Spirit and with power, and how He went about doing good, and healing all who were oppressed by the devil; for God Was with Him."
- H. (8) **Learn to Count.**
All things have a place in life. Some people cannot keep the important things in first place (Mt. 6:33).
"But seek first His kingdom and His righteousness; and all these things shall be added to you."
- I. (9) **Let Nothing Bother You.**
We let too many little things destroy our life. We even allow imaginary things to bother us (Phil. 4:7).
And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.

- J. (10) **Practice the 'Do It Now' Habit.**
 You have heard it said, "The road to hell is paved with good intentions." See 2Cor. 6: 1-2.
 And working together with Him, we also urge you not to receive the grace of God in vain-- **2** for He says, "AT THE ACCEPTABLE TIME I LISTENED TO YOU, AND ON THE DAY OF SALVATION I HELPED YOU"; behold, now is "THE ACCEPTABLE TIME," behold, now is "THE DAY OF SALVATION"--
- K. (11) **Fill Your Life with Good.**
 Clean out the trash and fill your life with good thoughts and good deeds (Phil. 4:8).
 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.
- L. (12) **Learn to Laugh and Learn to Cry.**
 Over 70% of all physical ills could be overcome if we could learn to do these things (Rom. 12: 15).
 Rejoice with those who rejoice, and weep with those who weep.
- M. (13) **Learn to Practice the Happiness Habit.**
 Learn to smile and the world will smile with you (Phil. 4:4).
 Rejoice in the Lord always; again I will say, rejoice!
- N. (14) **Learn to Fear Nothing or No One.**
 Think on your powers and not on your weaknesses (Heb. 11:1-6).
 Now faith is the assurance of things hoped for, the conviction of things not seen. **2** For by it the men of old gained approval. **3** By faith we understand that the worlds were prepared by the word of God, so that what is seen was not made out of things which are visible. **4** By faith Abel offered to God a better sacrifice than Cain, through which he obtained the testimony that he was righteous, God testifying about his gifts, and through faith, though he is dead, he still speaks. **5** By faith Enoch was taken up so that he should not see death; AND HE WAS NOT FOUND BECAUSE GOD TOOK HIM UP; for he obtained the witness that before his being taken up he was pleasing to God. **6** And without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who seek Him.
- O. (15) **Let God and Let God Take Over.**
 The only way to find peace and happiness is to let God take the controls of our life (Psa. 23).
 The LORD is my shepherd, I shall not want. **2** He makes me lie down in green pastures; He leads me beside quiet waters. **3** He restores my soul; He guides me in the paths of righteousness For His name's sake. **4** Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me; Thy rod and Thy staff, they comfort me. **5** Thou dost prepare a table before me in the presence of my enemies; Thou hast anointed my head with oil; My cup overflows. **6** Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.