

Don't Worry Be Happy
Shift from Panic to Prayer
Discover Church
Mark Phillips
8/30/26

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

SHIFT PANIC TO PRAYER

1. Stop **stewing** and start **doing**

"Do not be anxious about anything, but in every situation...present your requests to God." Philippians 4:6

- Stop panic
- Look at every situation
- Make requests to God

2. **Anchor** your heart with thanksgiving

"with thanksgiving, present your requests to God." Philippians 4:6

Shift your focus from the **problem** to the **Provider**.

"So Joshua called together the twelve men he had appointed from the Israelites, one from each tribe, and said to them, "Go over before the ark of the Lord your God into the middle of the Jordan. Each of you is to take up a stone on his shoulder, according to the number of the tribes of the Israelites, to serve as a sign among you. In the future, when your children ask you, 'What do these stones mean?' tell them that the flow of the Jordan was cut off before the ark of the covenant of the Lord. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever." Joshua 4:4-7

"Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far the Lord has helped us." 1 Samuel 7:12

Shift your focus from the **problem** to the **Provider**.

3. **Trust** the Supernatural **Guard**

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:7

4. **Make** the great exchange

You don't have to be broken to come to the foot of the cross

"Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, 'I will go over and see this strange sight—why the bush does not burn up.' When the Lord saw that he had gone over to look, God called to him from within the bush, 'Moses! Moses!' And Moses said, 'Here I am.' 'Do not come any closer,' God said. 'Take off your sandals, for the place where you are standing is holy ground.' Then he said, 'I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.' At this, Moses hid his face, because he was afraid to look at God." Exodus 3:1-6

"Take off your sandals, for the place where you are standing is holy ground." Exodus 3:5

When was the last time you **took off your sandals** before God?

"The Lord said, 'I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them.' Exodus 3:7-9

Four Things

- I have **seen**
- I have **heard**
- I am **concerned**
- I have come to **rescue**

"So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." ¹¹ But Moses said to God, "Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?" ¹² And God said, "I will be with you." Exodus 3:10-12

"I will be with you."

Is that enough for you to know that God **will be with you**?

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SHIFT PANIC TO PRAYER

1. Stop _____ and start _____

2. _____ your heart with thanksgiving

Shift your focus from the _____ to the _____

3. _____ the Supernatural _____

4. _____ the great exchange

Four Things From God

- I have _____
- I have _____
- I am _____
- I have come to _____

Scripture: *Philippians 4:6-7; Joshua 4:4-7; 1 Samuel 7:12; Exodus 3:1-12*