

**Don't Worry Be Happy
How to Overcome Worry
Discover Church
Mark Phillips
8/23/26**

Why Worry Fails

- The Definition of Worry = **“wyrqan”**
- Worry is **Unproductive**

“Can any one of you by worrying add a single hour to your life?” Matthew 6:27

- Worry **misplaces** value

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?” Matthew 6:25

“Do not let your hearts be troubled.” John 14:1

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

How To Overcome Worry

- Reframe your **focus**

“...You believe in God; believe also in me.” John 14:1

- Observe **creation**

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.” Matthew 6:26

“See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.” Matthew 6:28-29

- **Seek** the Kingdom **First**

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33

Take Practical Steps to "Be Happy"

- **Cast** your cares in prayer

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." 1 Peter:5:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

- **Filter** your thoughts

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

- Live **one day** at a time

"Give us today our daily bread." Matthew 6:11

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

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- Worry is _____
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How To Overcome Worry

- Reframe your _____
- Observe _____
- _____ the Kingdom _____

Take Practical Steps to "Be Happy"

- _____ your cares in prayer
- _____ your thoughts
- Live _____ at a time

Scripture: *Matthew 6:25-34; John 14:1; Matthew 11:28-30; 1 Peter:5:6-7; Philipians 4:6-8; Matthew 6:11*