

**HOW TO KEEP FROM STRESSING OUT**  
**Don't Worry, Be Happy**  
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*"If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus." Philippians 4:7*

**HOW TO KEEP FROM STRESSING OUT**

1. **Refuse** to worry about **anything**

*"Don't worry about anything" Philippians 4:6*

➤ Worry is **unreasonable**

*"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*

➤ Worry is **unnatural**

*"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. Are you not much more valuable than they?" Matthew 6:26*

*"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these." Matthew 6:28-29*

*"Worry weighs a person down" Proverbs 12:25*

*"A peaceful heart leads to a healthy body" Proverbs 14:30*

➤ Worry is **unhelpful**

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

➤ Worry is **unnecessary**

*"If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?" Matthew 6:30*

2. Pray about **everything**

*“Don’t worry about anything. Pray about everything.” Philippians 4:6*

*“You don’t have what you want because you don’t ask God for it.” James 4:2*

*“Since he did not spare even his own Son but gave him up for us all, won’t he also give us everything else?” Romans 8:32*

### 3. Thank God in all **Things**

*“Don’t worry about anything. Pray about everything. Tell God what you need and thank him for all he has done.” Philippians 4:6*

*“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus” 1 Thessalonians 5:18*

### 4. Think about **Good Things**

*“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8*

*“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” Isaiah 26:3*

### 5. Be content with **anything**

*“Not that I was ever in need, for I have learned how to get along happily whether I have much or little. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want” Philippians 4:11-12*

#### ➤ Stop comparing

*“A heart at peace gives life to the body, but envy rots the bones.” Proverbs 14:30*

#### ➤ Stop thinking that having more is better

*“it is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind.” Ecclesiastes 4:6*

#### ➤ Learn to admire without the need to acquire

*“For I can do everything through Christ, who gives me strength.” Philippians 4:13*

*“Obey God and be at peace with him; this is the way to happiness.” Job 22:21*