

Sermon Outline: 5.17.20

Sermon Title: **Hakuna Matata**

Sermon Text: Philippians 4:4-9

(Philippians 4:4-9)

Hakuna – *“There is no / There are no”*

Matata – *“Worries”*

(Philippians 4:6)

Worry is rooted in...

Fear

Insecurity

What Ifs

Lack of Control

Lack of Faith

“Worry is a small trickle of fear that meanders through the mind until it cuts a channel into which all other thoughts are drained.”

Churchill – *“Worry is an emotional spasm which occurs when the mind catches hold of something and will not let it go.”*

“Worry is a complete cycle of inefficient thought revolving around a pivot of fear.”

Charles Mayo – *“Worry is the disease of doubt – it affects the circulation, the heart, the glands, the whole nervous system.”*

How to have Hakuna Matata?

“Rejoice in the Lord”

(Habakkuk 3:17-19, NLT)

“Let your moderation be known”

“The Lord is at hand”

(Matthew 28:20)

“Supplication with thanksgiving”

(1st Thessalonians 5:16-18)

“If there be any virtue or praise... think”

(Isaiah 26:3, 40:31)

Don't Worry, Be Happy

Here's a little song I wrote,

You might want to sing it note for note,

Don't worry, be happy.

In every life we have some trouble,

But when you worry you make it double,

Don't worry, be happy.