

Answer Key:

Focus:

- allowed

What do you do when you are OVERWHELMED?

1. control

God's Plan is...

- bigger
- harder
- better

2. help

3. strength

Where do you find Strength?

- Praising
- Word

Winds of Life

Part 2

“That’s a Lot!”

Isaiah 38:14 NJB

"Lord, I am overwhelmed, please come to my help."

Introductory Statement:

All our troubles and all our tears, God our hope, He has overcome.

All our failures and all our fear, God our love, He has overcome.

All our heartache and all our pain, God our healer, He has overcome.

All our burdens and all our shame, God our freedom, He has overcome!

From the Song "Take Heart"

Focus:

- I still felt overwhelmed, but my focus had changed... my focus is what determines what is '_____ ' to influence me.

The Setting...

Luke 1:26-30 NLT

"God sent the angel Gabriel...to a virgin named Mary. She was engaged to be married to a man named Joseph... Gabriel appeared to her and said, 'Greetings, favored woman! The Lord is with you!' Confused and disturbed, Mary tried to think what the angel could mean. 'Don't be frightened, Mary,' the angel told her, 'for God has decided to bless you.'"

What do you do when you are OVERWHELMED?

1. Let Go of my need to _____ the
situation.

Luke 1:34,37 NLT

"Mary asked the angel, 'But how can I have a baby? I am a virgin'...the angel replied... 'Nothing is impossible with God!'"

Luke 1:38 NLT

"Mary responded, 'I am the Lord's servant, and I am willing to accept whatever He wants May everything you have said come true.'"

Proverbs 3:5 Message

"Trust God from the bottom of your heart; don't try to figure out everything on your own."

Psalm 138:2 NLT

"The Lord will work out His plans for my life."

God's Plan is...

• Often _____!

• Often _____!

• Always _____!

"Sometimes when we get overwhelmed, we forget how big

God is."

A W Tozer

What do you do when you are OVERWHELMED?

2. Let others _____ you out.

Luke 1:38-40 Message

"Mary didn't waste a minute. She got up and traveled to a town in Judah in the hill country, straight to Zachariah's house, and greeted Elizabeth."

Ecclesiastes 4:9-10 CEV

"You are better off to have a friend than to be all alone... If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble."

Galatians 6:2 Living Bible

"Share each other's troubles and problems, and so obey our Lord's command."

What do you do when you are OVERWHELMED?

3. Let God give you _____.

Luke 1:45 GWT

"You are blessed for believing that the Lord would keep His promise to you."

Isaiah 43:2 TEV

"When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you."

Where do you find strength?

• In _____ God!

Luke 1:46-47 NLT

"Mary responded, 'Oh, how I praise the Lord. How I rejoice in God my Savior!'"

• In God's _____!

Luke 2:19 NLT

"Mary quietly treasured these things in her heart and thought about them often."

Micah 7:1-7 Message

"I'm overwhelmed with sorrow! Sunk in a swamp of despair! ...But me, I'm not giving up. I'm sticking around to see what God will do. I'm waiting for God to make things right."

When feeling overwhelmed and stressed out instead of focusing on the problem put your focus on God. Trust in God and His promise that He will always be there for you.

Dear God,

Thank you for being the God who never sleeps.

Thank you for always being here for me, even when I'm not always here for you.

Thank you that you are Love and that you want the very best for me.

Thank you for your promises and that you never change.

I am feeling totally overwhelmed.

Please help me. Help me to rest in the fact that you know what is best for me.

Forgive me for turning away from you and trying to control the outcome in situations in my life.

The Bible says that you are not the God of confusion but of peace.

Help me to rest in your love and to feel the peace which surpasses all understanding.

Help me to feel your love and comfort. Help me to be still and know that you are God and that you will take care of me, just like any loving parent takes care of their children.

Your Word says to cast all of our anxiety on you because you care for us. I turn all of my burdens and concerns over to you.

Please guide my every step and help me to be attentive to your loving direction. Amen.