

How to Deal With How You Feel When You Feel Overwhelmed

I. Introduction

A. Components of our lives:

1. Children
2. Family
3. Work
4. School
5. Personal
6. Friends
7. Spiritual Life
8. Seasonal

B. **John 10:10 (NAS)** *“The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.”*

C. **Matthew 11:28-30 (NAS)** ²⁸*“Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. ³⁰For My yoke is easy and My burden is light.”*

II. When You Feel Overwhelmed

A. Recognize your value.

1. **Matthew 6:25-27 (NLT)** ²⁵*“So I tell you, don’t worry about everyday life—whether you have enough food, drink, and clothes. Doesn’t life consist of more than food and clothing? ²⁶Look at the birds. They don’t need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. ²⁷Can all your worries add a single moment to your life? Of course not.”*

B. Make time decisions based on your convictions, not other people’s agendas.

1. **Matthew 5:37 (NAS)** *“But let your statement be, ‘Yes, yes’ or ‘No, no’; anything beyond these is of evil.”*
2. **Matthew 19:13-14 (NLT)** ¹³*Some children were brought to Jesus so he could lay his hands on them and pray for them. The disciples told them not to bother him. ¹⁴But Jesus said, “Let the children come to me. Don’t stop them! For the Kingdom of Heaven belongs to such as these.”*

3. **Luke 4:42-44 (NLT)** ⁴²Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them. ⁴³But he replied, "I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent." ⁴⁴So he continued to travel around, preaching in synagogues throughout Judea.

C. Make time for some replenishing relationships.

1. **Matthew 13:36 (NLT)** Then, leaving the crowds outside, Jesus went into the house. His disciples said, "Please explain to us the story of the weeds in the field."

D. Make time for solitude.

1. **Mark 1:35-37 (NLT)** ³⁵The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray. ³⁶Later Simon and the others went out to find him. ³⁷They said, "Everyone is asking for you."

2. I am a different person when I spend time alone with God in solitude!

3. **Matthew 11:28-30 (NAS)** ²⁸"Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. ³⁰For My yoke is easy and My burden is light."

4. The one thing I need to work on most during this next week is:

III. Conclusion