



11-13-2022

Personal Health: Feeling Overwhelmed

While We May Feel Overwhelmed, God Never Is

Psalm 61:2-3 - *From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, ³for you are my safe refuge, a fortress where my enemies cannot reach me.*

We Have To Admit That We Can't Do It On Our Own

Focus On What's True And Available

Galatians 5:22-23 - *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control...*

Our Job Is To Get In Tune With The Spirit

John 15:4-5 - *Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. ⁵ "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.*

Jesus Often Went Away By Himself

Matthew 14:23 - *After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.*

Jesus Retreated With His Disciples

Mark 6:31 - *Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.*

It's Okay To Spend Time Alone When We're Feeling Overwhelmed By People And Responsibilities

Mark 14:33-35 - *“He took Peter, James and John along with him, and he began to be deeply distressed and troubled. ³⁴“My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”* NIV

- 1. Jesus Was Truthful About How He Felt.**
- 2. Jesus Sought The Help Of Friends.**
- 3. Jesus Prayed.**