



**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, <sup>3</sup>for 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, <sup>23</sup>gentleness, 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. <sup>5</sup> "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. <sup>34</sup>“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.**