

# what to do when...

## Part 1: When You Are Overwhelmed

“Lord, I am overwhelmed; please come to my help.” Isaiah 38:14b (JB)

“God sent the angel Gabriel... to a virgin named Mary. She was engaged to be married to Joseph... Gabriel 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, ‘God has decided to bless you.’” Luke 1:26-30 (NLT)

### 1. Let \_\_\_\_\_

“Mary asked the angel, ‘But how can I have a baby? I am a virgin’... the angel replied... ‘Nothing is impossible with God!’” Luke 1:34,37 (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.’” Luke 1:38 (NLT)

“Trust in the LORD with all your heart; do not depend on your own understanding.” Prov. 3:5 (NLT)

“The Lord will work out His plans for my life.” Ps. 138:8 (NLT)

God’s plans for my life are:

- Often
- Often
- Always

### 2. Let \_\_\_\_\_

“At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah’s home and greeted Elizabeth.” Luke 1:39,40 (NIV)

“Two are better than one... If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” Eccl. 4:9,10 (NIV)

“Carry each other’s burdens, and so fulfill the law of Christ.” Gal. 6:2 (NIV)

“Then Jesus said to them, ‘My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.’” Matthew 26:38 (NIV)

### 3. Let \_\_\_\_\_

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

Lk 1:45

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.” Isaiah 43:2 (NIV)

How do I find strength from God?

- \_\_\_\_\_

“Mary responded, ‘Oh, how I praise the Lord. How I rejoice in God my Savior!’”

Luke 1:46,47 (NLT)

- \_\_\_\_\_

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

Luke 2:19 (NLT)

“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.” Micah 7:1,7 (The Message)

## Daily Meditations

Brief daily Bible studies and questions for reflection on today’s topic!

### This week’s memory verse:

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.” Isaiah 43:2 (NIV)

### Monday

Look over the notes and verses from this past weekend. Which of the three points is most difficult for you to apply when you are feeling overwhelmed?

How are you feeling overwhelmed right now? What is the biggest obstacle you face when it comes to turning to God when you are overwhelmed?

Thank God today that He made you and He knows you better than you know yourself. Talk to Him about the area(s) you are feeling overwhelmed. Ask Him to open your heart as you study His word this week and create in you a willingness to surrender to Him.

## **Tuesday**

Read Luke 1:26-38. This is a hard one! When you feel overwhelmed it seems as though gaining control of the situation would help you feel better.

How do you think Mary felt overwhelmed?

How did she demonstrate a willingness to let go of control?

Think about the situations in which you feel overwhelmed right now. How have you tried to maintain control of those?

What would letting go of control look like in those situations? How can you begin that process today?

*Thank God that He is truly in control. Talk to Him about your resistance to let go. Ask Him to release your grip from the situations you are struggling with right now.*

## **Wednesday**

Read Ecclesiastes 4:9-10, Matthew 26:38, Luke 1:39-40 & Galatians 6:2. It can be humbling to ask others to help; when you feel overwhelmed you sometimes do not even know where to begin *asking* for help. What truth about letting others help do you see in these verses?

How can you ask others to come alongside you and help right now?

Who in your life may need you to come alongside them and offer to help? How will you do that this week?

*Thank God today that He knew you would need others in your life. Thank Him for the people who have helped you in the past. Pray that you will both be willing to seek help and offer help to others.*

## **Thursday**

Read Psalm 28:6-7, 73:21-26 & Isaiah 43:1-2. Write down three things that encourage you in these verses:

- 1.
- 2.
- 3.

How have you experienced the difference God's strength makes in your life in the past and how can you apply that lesson to your current struggles?

*Thank God today for the strength He daily provides. Pray that you will learn to live in His strength daily and not just when you are feeling overwhelmed.*

## **Friday**

Read Luke 1:46-47 & 2:19. How does praising God and meditating on His promises help you when you feel overwhelmed?

*As you pray today thank God for at least three of His blessings and pray at least three of His promises to you. Ask Him to help you focus on those things today - especially when you feel overwhelmed.*

## **Saturday**

Take the time today to go over any devotions you may have missed and to complete your memorization of this week's verse. Pray for the ministry this weekend! Thanks!