

December 5th -11th

Coming out of Overwhelmed: Pastor Ashley Daugherty

In this lesson you will learn three ways to come out of feeling overwhelmed.

Intro: The age-old question of, “are we there yet?” is not just a question reserved for a child on a road trip. It is a valid question that all adults ask whenever they find themselves in a season that is not comfortable or desirable. Anytime we are on a long journey, the thought of how much longer to the destination can be an overwhelming one. Many of us have asked the question of, “is it over?” about this year of 2020. It’s unfortunate that life is not like a book. In a book you can look at the table of contents and see how many pages are in each chapter. You can wrap your mind around the beginning, middle, and ending. In life, we must rely on God to help us navigate each season and reach our destination.

I. Hitch yourself to His Promise

- A. A simple promise from God can relieve you from a worrisome, heavy, and complex burden. It comes down to believing the promise. God’s promises are meant to relieve pressure. When we put our faith in His promises, it puts the outcome of our victory on Him. The fulfillment of His promises requires His power. God always keeps his promises. Whenever we mix faith and patience with his promise, it always leads us to the promised land with God (Heb 6:12).

II. Remember to Breathe

- A. Medical professionals have long said that learning breathing control exercises and taking deep breaths on a regular basis are some of the most effective ways to improve our overall health. These breathing exercises don’t just help us physically, but also mentally and emotionally. Maybe you are in a mode of just holding your breath until your prayer gets answered. Don’t wait until your circumstances change or your debt is paid before you experience His peace. In the midst of the storm, take time to pause, breathe deeply, and fix your mind on Him (Isa 26:3).

III. Pursue His Presence

- A. In order to get into the presence of God, you must choose to worship Him. God is known to inhabit the praises of His people (Psa 22:3). Find a good worship song to pull you out of the pit of your despair. In order to get to the rock of refuge you must use the vehicle of your worship. His presence takes preeminence over whatever you are facing or struggling with. The weight of His presence lifts us up compared to the weight of our problems weighing us down. You need to exchange weights with God. His yoke is easy and His burden is light (Matt 11:28-30). He is ready and waiting to exchange weights with you.

Discussion Questions

1. What promise are you hitched to in the season of 2020?
2. Do you regularly take time to pause and breathe deeply in your situation?
3. Are you pursuing His presence or someone/something else to fill your needs?