

God's Got An Answer Series #6

God's Got An Answer when feeling Overwhelmed facing life's pressures and burdens.

When you feel overwhelmed... admit it and engage these five scriptural values...

1. **Remember the Big Picture.**

We are eternal spiritual beings having an earthly experience that will determine our eternal destiny. Keep eternity in the picture.

God loves you and made a way for you to have eternal life through Jesus Christ His Son. John 3:16-17

God wants you to help Him work His plan while you are on earth. Matthew 6:31-34; Matthew 22:37-39; Matthew 28:19-20;

Matthew 6:33; Matthew 22:37-39; Matthew 28:19-20

Love God, Love Others and Help Others Know and Love God.

2. **Do a reboot.**

Take time to wait on God! Isaiah 40:28-31 (ESV)

Waiting on God includes prayer, petition and thanksgiving which produces peace. Philippians 4:6-7 – Hebrews 4:16

3. **Get organized!**

Make priorities and sort through responsibilities. Make a "To Do" list.

Recognize when you are most productive and do the most demanding things in your most productive time.

Refuse to allow the urgent little things overcome the Big important things.

4. Ask for help.

Start by asking the Holy Spirit to help!
Matthew 7:7-8; Psalm 121:2; James 1:5

Consider asking a friend, life coach, or a more experienced person to help you.

Proverbs 11:14; Proverbs 12:15
Exodus 18:

5. Create boundaries.

1 Corinthians 10:23 (NLT) You say, “I am allowed to do anything”—but not everything is good for you. You say, “I am allowed to do anything”—but not everything is beneficial.

Learn to say, No!

No is easier when it is connected to higher priorities!
Saying, NO! to one of the many good things is a little easier when the No is connected to you doing a more important thing or a higher priority.

Conclusion:

Seek God’s Kingdom first and the Spirit of God will guide you to put life in a more peaceful order adding what you need and removing what you do not need.

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When you feel overwhelmed... admit it and engage these five scriptural values...

1. **Remember the _____ Picture.**

We are eternal _____ beings having an _____ experience that will determine our eternal destiny. Keep eternity in the picture.

God _____ you and made a way for you to have eternal life through Jesus Christ His Son. John 3:16-17

God wants you to _____ Him work His plan while you are on earth. Matthew 6:31-34; Matthew 22:37-39; Matthew 28:19-20;

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Love God, Love Others and Help Others Know and Love God.

2. **Do a _____.**

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Waiting on God includes _____, _____ and _____ which produces _____.
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