

OVERWHELMED: What to do when life is too much.

WEEK 1: When life gets loud.

Core Truth: God's voice restores perspective and directs our next steps.

Trustworthy Statement: When life gets loud, listen closely for what God says is true.

DAY 1 — 1 Kings 19:1-8 (CSB)

Question: How might exhaustion, fear, or discouragement be affecting the way I see God, myself, or my circumstances?

DAY 2 — 1 Kings 19:9-18 (CSB)

Question: What false or distorted thought does God's truth confront in me, and what faithful next step is He calling me to take?

DAY 3 — Psalm 46:1-11 (CSB)

Question: What noise, fear, or pressure do I need to quiet so I can remember that God is present, powerful, and in control?

DAY 4 — Mark 1:29-39 (CSB)

Question: What does Jesus' decision to step away from constant demands and spend time with the Father teach me about giving God my attention?

DAY 5 — John 10:22-30 (CSB)

Question: How can knowing Jesus more deeply through His Word help me recognize and follow His voice amid the competing voices around me?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.

WEEK 2: Always on.**Core Truth:** True rest is found by coming to Jesus and living under His direction.**Trustworthy Statement:** Rest is found when we trust and follow the Good Shepherd.**Day 1 — Matthew 11:25-30 (CSB)**

Question: What burden, expectation, or false master do I need to surrender as I come to Jesus and learn to live under His direction?

Day 2 — Psalm 23:1-6 (CSB)

Question: Which expression of the Shepherd's care in this passage do I most need to trust in my present circumstances?

Day 3 — Isaiah 40:27-31 (CSB)

Question: Where have weariness or discouragement caused me to wonder if God sees what I am facing? How does this passage challenge that belief?

Day 4 — 1 John 5:1-5 (CSB)

Question: How does knowing that God's commands flow from His love change the way I view obedience to Him?

Day 5 — Hebrews 13:20-21 (CSB)

Question: How does knowing that God raised Jesus, the great Shepherd, and is working in me give me confidence to follow His direction instead of depending only on my own strength?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.

WEEK 3: Make Room for What Matters**Core Truth:** Faithful service flows from receiving the Word of Jesus as His disciple.**Trustworthy Statement:** When everything feels important, choose what Jesus says is necessary.**Day 1 — Luke 10:38–42 (CSB)**

Question: What good responsibility or competing demand most often distracts me from giving attention to Jesus and His Word?

Day 2 — Proverbs 2:1–11 (CSB)

QUESTION: How would treating God's Word as something valuable and necessary change the way I use my time and attention?

Day 3 — Psalm 90:1–2, 10–12, 16–17 (CSB)

Question: Where do I need God's wisdom to accept my limitations and focus on the work and responsibilities He has given me?

Day 4 — Acts 6:1–7 (CSB)

Question: What does this passage teach me about ordering, sharing, or delegating responsibilities instead of treating every demand as equally necessary?

Day 5 — Hebrews 1:1–4 (CSB)

Question: What do these verses reveal about the identity, authority, and saving work of Jesus—and why is His Word worthy of first place in my life?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.