

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.