

WHEN YOU'RE OVERWHELMED

How To Deal With How You Feel

Matthew 11:28

5 THINGS TO THINK ABOUT:

WHEN LIFE IS TOO CROWDED...

❶ **RECOGNIZE YOUR VALUE**

(Matthew 6:25-27 NLT)

❷ **REALIZE YOU CAN'T PLEASE EVERYONE**

(Matthew 26:7-11 NLT)

❸ **MAKE DECISIONS BASED ON YOUR CONVICTIONS**

(Matthew 5:37 TM, Matthew 19:13-14 NLT)

❹ **WITHDRAW TO BE REFRESHED BY OTHERS**

(Matthew 13:36 NLT)

❺ **TAKE TIME TO BE QUIET**

(Mark 1:35-37 NLT, Matthew 11:28-29 TM)

LIFE APPLICATION

We rarely, if ever, get a day to do whatever we want. Schedules and responsibilities wake us up in the morning and demand our attention. Life can feel like a battle, constantly fighting against us, stressing us, and pulling us in different directions. Some days it feels as if we've won a small victory just for getting through them; we survived.

How would you currently describe your life?

How would you describe Jesus' desire for your life, according to His words in John 10:10?

When Jesus said He came so that you could have life to the full, He didn't mean this abundance is just eternal life in heaven, though that too is possible only through faith in Him. Recognizing His voice, responding to His invitation, and following Him is the only way to experience life to the full right now. Today. Anything else is robbing you of true joy and satisfaction.

Below is the Serenity Prayer, a well known prayer that was written to help people experience God's peace. As you read this prayer, how does it affirm what you've learned from this week's teaching and homework?

*God grant me the serenity to accept the things I cannot change;
courage to change the things I can; and wisdom to know the difference.
Living one day at a time; Enjoying one moment at a time; Accepting
hardships as the pathway to peace; Taking, as He did, this sinful world
as it is, not as I would have it; Trusting that He will make all things right
if I surrender to His will; That I may be reasonably happy in this life and
supremely happy with Him forever in the next. Amen.*

-- Reinhold Niebuhr

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WHEN LIFE IS TOO CROWDED...

- ❶ RECOGNIZE YOUR _____
(Matthew 6:25-27 NLT)

- ❷ REALIZE YOU CAN'T _____
(Matthew 26:7-11 NLT)

- ❸ MAKE DECISIONS BASED ON YOUR _____
(Matthew 5:37 TM, Matthew 19:13-14 NLT)

- ❹ WITHDRAW TO BE _____ BY OTHERS
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- ❺ TAKE TIME TO _____
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