

**What to Do When You’re Overwhelmed**

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Text- Psalm 142:1-3

INTRO- The word *overwhelmed* is only found in the Bible seven times. The word *overwhelm* only once. Unfortunately it shows up in our lives far more than it does in the Bible.

Definition of *Overwhelm*–to overspread or CRUSH BENEATH something violent and WEIGHTY, that COVERS or encompasses the whole like a black cloud; to immerse as if getting in over your head & “I’ve had it up to here” and BEAR DOWN with cares, affliction, or business; to overlook GLOOMILY.

Unfortunately at times the load becomes too much for us to handle but we can go to the Word of God which has the answer to every situation to find help in times of overwhelming obstacles, opposition, or circumstances. God can and will help us to rise above the waves of distress to find our feet standing firm on the shore once again if we’ll listen to His instruction.

1. Psalm 55:5-7 - Fearfulness and trembling are come upon me, and horror hath overwhelmed me.

***6****And I said, Oh that I had* ***wings like a dove****! for* ***then would I fly away****,* ***and be at rest****.* ***7****Lo,* ***then would I wander far off****, and* ***remain in the wilderness****. Selah.*

**STAY PUT!** When you find yourself feeling overwhelmed, that is not the time to fly away or wander off or cease to go forward or to throw in the towel and quit – No sir! Face the challenge – face the hardship – face the circumstance – face the responsibility head on - learn from it, grow in it, gain confidence as you endure it and come out on top side! Stay Put in college – stay put in your ministry – stay put in the will of God! STAY PUT!

1. Psalm 61:1-4 - Hear my cry, O God; attend unto my prayer.

***2****From the end of the earth will I cry unto thee, when my heart is overwhelmed:* ***lead me to the rock that is higher than I.******3****For thou hast been a* ***shelter for me****, and a* ***strong tower from the enemy****.* ***4 I will abide in thy tabernacle for ever****: I will trust in the* ***covert of thy wings****. Selah.*

**STAY CLOSE!** When you find yourself feeling overwhelmed, that is not the time to cut out your Bible reading or to quit your prayer time or to quit your soul winning or to quit your obedience – that’s the time you need to step it up, turn it up, get it on- you need more Bible not less, more church not less, more soul winning not less, more serving not less – Stay close to God – stay close to your authority – stay close to your family – Don’t isolate yourself – Don’t hide yourself away and sulk alone. Get around people who love you and care for you and who can encourage you! STAY CLOSE!

1. Psalm 77:1-3 - I cried unto God with my voice, even unto God with my voice; and he gave ear unto me. ***2****In the day of my trouble I* ***sought the Lord****: my sore ran in the night, and ceased not: my soul refused to be comforted.* ***3 I remembered God****, and was troubled: I complained, and my spirit was overwhelmed. Selah.*

**STAY UP!** When you’re feeling overwhelmed, keep looking up – Don’t let the circumstances and challenges in life keep you down! Get back up – keep your focus on the LORD and not on your problems. Say with the psalmist in Psalm 121:1 – “I will LIFT UP mine eyes unto the hills, from whence cometh my help.” KEEP LOOKING UP BECAUSE THIS TOO SHALL COME TO PASS – You will get through this and eventually things will start looking up again! When you get knocked down – GET UP AND STAY UP!

1. Psalm 78:53 - And he **led them on safely**, so that they **feared not**: but the sea overwhelmed their enemies.

**STAY SAFE!** When you’re feeling overwhelmed, stay safe within the Lord’s boundaries. Put all your fears aside and keep serving Him. Face your fears with His help! Trust the Lord to take care of the situation and to help you through it! Don’t live according to your feelings- live according to principle! STAY SAFE & SECURE!

1. Psalm 124:1-6 - **If *it had not been* the LORD who was on our side**, now may Israel say; Psa 124:2 **If *it had not been* the LORD who was on our side,** when men rose up against us: Psa 124:3 Then they had swallowed us up quick, when their wrath was kindled against us: **Psa 124:4** Then the waters had overwhelmed us, the stream had gone over our soul: Psa 124:5 Then the proud waters had gone over our soul. Psa 124:6 Blessed *be* the LORD, **who hath not given us *as* a prey to their teeth.**

**STAY SECURE!** When you’re feeling overwhelmed, remember that the Lord is on your side! The Lord is for you even if everyone else it seems is against you! Realize who you are as a member of God’s family! You’re somebody! God believes in you! Godly authorities believe in you! You can make it! You can keep going! Why? Because God is on your side!

1. Psalm 142:1-7 - *I* ***cried unto the LORD with my voice****; with my voice unto the LORD did* ***I make my supplication****.* Psa 142:2-6 *I* ***poured out my complaint*** *before him; I* ***shewed before him my trouble*.**  *When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me.* *I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul.* ***I cried unto thee, O LORD****: I said, Thou art my refuge and my portion in the land of the living.* ***Attend unto my cry****; for I am brought very low: deliver me from my persecutors; for they are stronger than I. Bring my soul out of prison, that I may* ***praise thy name****: the righteous shall compass me about; for thou shalt deal bountifully with me.*

**STAY SPEAKING!** When you’re feeling overwhelmed, stay speaking to the Lord! Cry out to him. Make supplication to him. Pour out your complaints to him. Show him all your troubles! Beg him to pay attention to your prayers. Praise him when he does something in your favour! Stay on speaking terms with him. Keep a short list with him as you confess your sins. Keep talking to him who can do something about your problems. Just knowing that he knows what’s going on in your life and that you’ve talked to him about it will help you to feel better and not as overwhelmed.

1. Psalm 143:1-6 - <A Psalm of David.> *Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. And enter not into judgment with thy servant: for in thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate.* ***I remember the days of old; I meditate on all thy works; I muse on the work of thy hands****. I stretch forth my hands unto thee:* ***my soul thirsteth after thee****, as a thirsty land. Selah.*

**STAY SATISFIED!** When you’re feeling overwhelmed, look in the past andsee all that God has brought you through and all that God has done for you! Thirst after him to do it again for you! Stay satisfied! Only God will keep you satisfied! Only God can satisfy your desires and needs! Friends may fail you! Authority may fail you! You may even fail yourself but God will never fail you- He can satisfy! Desire for him to do something great in your life! Stay satisfied!

When you’re overwhelmed:

* Stay put! (Don’t quit or throw in the towel!)
* Stay close! (To God in your WWG and with authorities who love, care, and pray for you to make it)
* Stay up! (Though you may falter and fail- get back up and stay up! Keep your eyes on the Lord- lift your eyes up to the Lord – He is the one who can help you)
* Stay Safe! (When you’re feeling down and you’re prone to wander – stay within God’s Biblical boundaries – Face your fears don’t try to run from them or hide from them! Don’t live according to your feelings – live according to Bible principle!)
* Stay Secure! (Be secure in the fact that the Lord is on your side – You’re somebody and God believes in you! You can make it! Keep going until you reach the finish line!)
* Stay speaking! (Keep carrying your burdens to the Lord and let Him help you bear the load! Confess & forsake sin! Pray about your problems! Praise Him when He comes through for you!)
* Stay satisfied! (Look to Jesus to do what only He can do! Look to Him – thirst after Him! See what He’s done in the past and believe He can do it again in the present and in the future!)

STAY PUT!

STAY CLOSE!

STAY UP!

STAY SAFE!

STAY SECURE!

STAY SPEAKING!

STAY SATISFIED!

Yes, overwhelming times will come, but you can make it! You can do what you need to do! YES, YOU CAN!