

WHEN YOU'RE OVERWHELMED
How to Deal With How You Feel - Part 1
Components of Our Lives...

Children	Family	Work	School
Personal Time	Friends/Social	Spiritual Life	Seasonal

Life Components + Personality + Life Stage
+ Crisis + Insecurities = Overload - Superficial faith

When You're Overwhelmed You Can Experience...

- * **Stress, Fatigue, Pressure**
- * **Anger, Illness**
- * **Frustration, Fear**
- * **Relationship Problems**

"Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me — Watch how I do it." Matthew 11:28 (MSG)

When Life Is Too Crowded...

1. Recognize YOUR VALUE

"[So I tell you, don't worry] about everyday life -- whether you have enough food, drink, and clothes. Doesn't life consist of more than food and clothing? Look at the birds. They don't [need to] plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to Him than they are. Can all your worries add a single moment to your life? [Of course not]." Matthew 6:25-27 (NLT)

2. Realize YOU CANNOT PLEASE EVERYONE

"... [During supper], a woman came in with a beautiful jar of expensive perfume and poured it over His head. The disciples were indignant when they saw this. 'What a waste of money,' they said. 'She could have sold it for a fortune and given the money

to the poor.’ But Jesus replied, ‘Why berate her for doing such a good thing to Me? You will always have the poor among you, but [I will not be here with you much longer].’” Matthew 26:7-11 (NLT)

3. Make timed-decisions based on YOUR CONVICTIONS NOT others’ agendas.

“Just say ‘yes’ and ‘no’. When you manipulate words to get your own way, you go wrong.” Matthew 5:37 (MSG)

“[Some children were brought] to Jesus so He could lay His hands on them and pray for them. The disciples [told them not to] bother Him. But Jesus said, ‘Let the children come to Me. Don’t stop them! For the Kingdom of Heaven belongs to those who are like these children.’” Matthew 19:13-14 (NLT)

4. Withdraw to be REFRESHED by others

“Then, leaving the crowds outside, Jesus went into the house...” Matthew 13:36 (NLT)

5. Take time to BE QUIET

Reflect through

Refuel through

“... The next morning, Jesus awoke long before daybreak and went out alone into the wilderness to pray. Later Simon and the others went out to find Him. They said, ‘Everyone is [asking] for You.’” Mark 1:35-37 (NLT)

“... Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly.” Matthew 11:28-30
(MSG)

I'd love to hear your stories & feedback: phoebegdial@gmail.com