

SURVEY SAYS

PASTOR BRAD HOWARD - NOVEMBER 6, 2022

WHAT TO DO WHEN YOU'RE FEELING OVERWHELMED

Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 12:25 NLT

SOURCES OF STRESS:

- Trouble in my finances
- Trouble in my workplace
- Trouble in my health
- Trouble in my home

WHEN YOU ARE FEELING OVERWHELMED

1. SHARE YOUR BURDENS

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 NLT

Share each other's burdens, and in this way obey the law of Christ.

Galatians 6:2 NLT

"This is not good!" Moses' father-in-law exclaimed. "You're going to wear yourself out--and the people, too. This job is too heavy a burden for you to handle all by yourself. Now listen to me, and let me give you a word of advice..."

Exodus 18:17-19 NLT

2. FIX YOUR THOUGHTS

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8 NLT

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:6 NLT

You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!

Isaiah 26:3 NLT

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3. KEEP PURSUING PEACE

Keep putting into practice all you learned and received from me--everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:9 NLT

My guilt overwhelms me – it is a burden too heavy to bear.

Psalms 38:4 NLT

Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls."

Matthew 11:28-29 NLT