

# WHEN YOU'RE FEELING OVERWHELMED

*Sermon Series: Emotions: Dealing With How You Feel*

2 Chronicles 20:1-30

## WHAT DO YOU DO WHEN OVERWHELMED

### ❶ TURN TO GOD FOR HELP.

(vs 4-5)

### ❷ FOCUS ON GOD, NOT THE PROBLEM.

(vs 6-12)

- ✓ Remember HOW BIG GOD IS (vs 6)
- ✓ Remember WHAT GOD HAS DONE (vs 7a)
- ✓ Remember WHAT GOD HAS PROMISED (vs 7b)
- ✓ Appeal to GOD'S CHARACTER (vs 10b-12a)

### ❸ ADMIT YOUR INABILITY.

(vs 12-20)

GOD'S RESPONSE: RELAX!

✓ *It's my battle, not yours!* (vs 15)

✓ *I'll handle this!* (vs 17-20)

### ❹ THANK GOD IN ADVANCE!

(vs 21-22)

### ❺ FIND THE BLESSING IN THE BAD.

(vs 24-26, 27, 29-30)

- ✓ More blessing than you can handle! (vs 24-26)
- ✓ Everyone around you takes notice. (vs 27, 29-30)

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YOU'RE FEELING OVERWHELMED, *Part 1* by Pastor Jesse Elizondo  
(03/29/20).

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## WHAT DO YOU DO WHEN OVERWHELMED

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(vs 4-5)

### ❷ FOCUS ON GOD, \_\_\_\_\_.

(vs 6-12)

- ✓ Remember \_\_\_\_\_ (vs 6)
- ✓ Remember \_\_\_\_\_ (vs 7a)
- ✓ Remember \_\_\_\_\_ (vs 7b)
- ✓ Appeal to \_\_\_\_\_ (vs 10b-12a)

### ❸ ADMIT YOUR \_\_\_\_\_.

(vs 12-20)

GOD'S RESPONSE: \_\_\_\_\_!

✓ *It's \_\_\_\_\_, not yours!* (vs 15)

✓ *I'll \_\_\_\_\_ this!* (vs 17-20)

### ❹ THANK GOD IN \_\_\_\_\_!

(vs 21-22)

### ❺ FIND THE \_\_\_\_\_ IN THE BAD.

(vs 24-26, 27, 29-30)

- ✓ More \_\_\_\_\_ than you can handle! (vs 24-26)
- ✓ Everyone around you \_\_\_\_\_. (vs 27, 29-30)

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