



Overcoming an Overwhelmed Heart



WE ARE....

...in this together!

...**disciples**

...**making disciples**

...**activating/putting into practice**

BUT I AM OVERWHELMED!

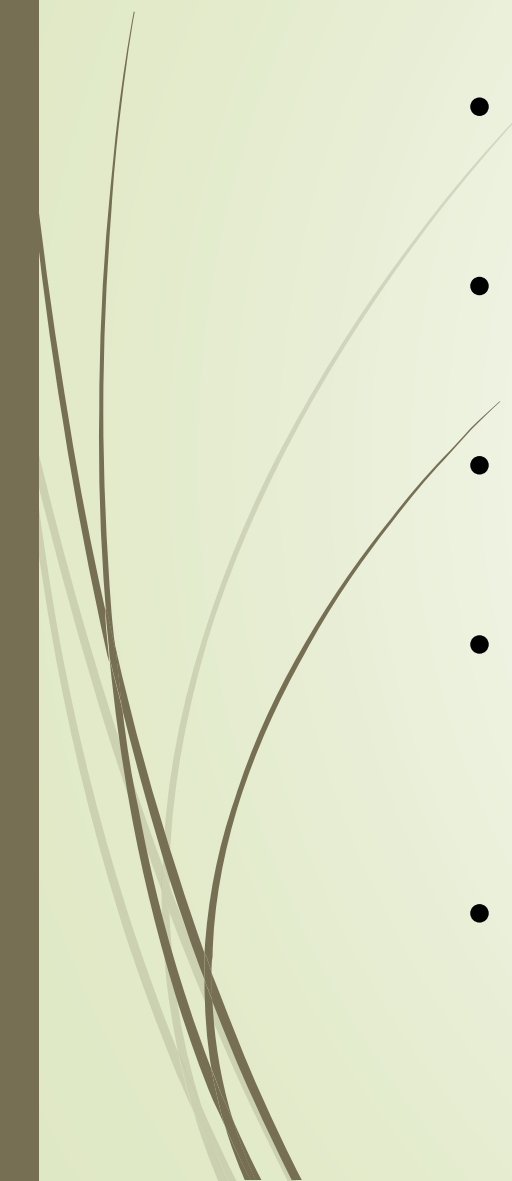
Psalm 61

Vs. 1 Hear my cry, o God; attend to my prayer, Vs. 2 From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the Rock that is higher than I.

Overwhelmed: Bury or drown beneath a huge weight. Burdened. Defeated completely. Give too much of a thing to someone. Inundated. Some versions use the word Faint.



What is it that burdens our hearts?


- The effects of our busted and broken world
 - We insert ourselves into battles that aren't ours
 - We make choices with consequences
 - The enemy, seeking whom he may devour is attacking.
 - There is a breakdown in our connection with God.
- 




SO WHAT DO WE DO?

IT'S SIMPLE,
BUT IT'S NOT EASY!

*This passage gives us 4 action items, that
require discipline and intentionality*






1. I WILL CRY OUT TO YOU
(Vs. 2)

“from the ENDS OF THE EARTH”


...and He will hear, attend to your prayer and
comfort you!





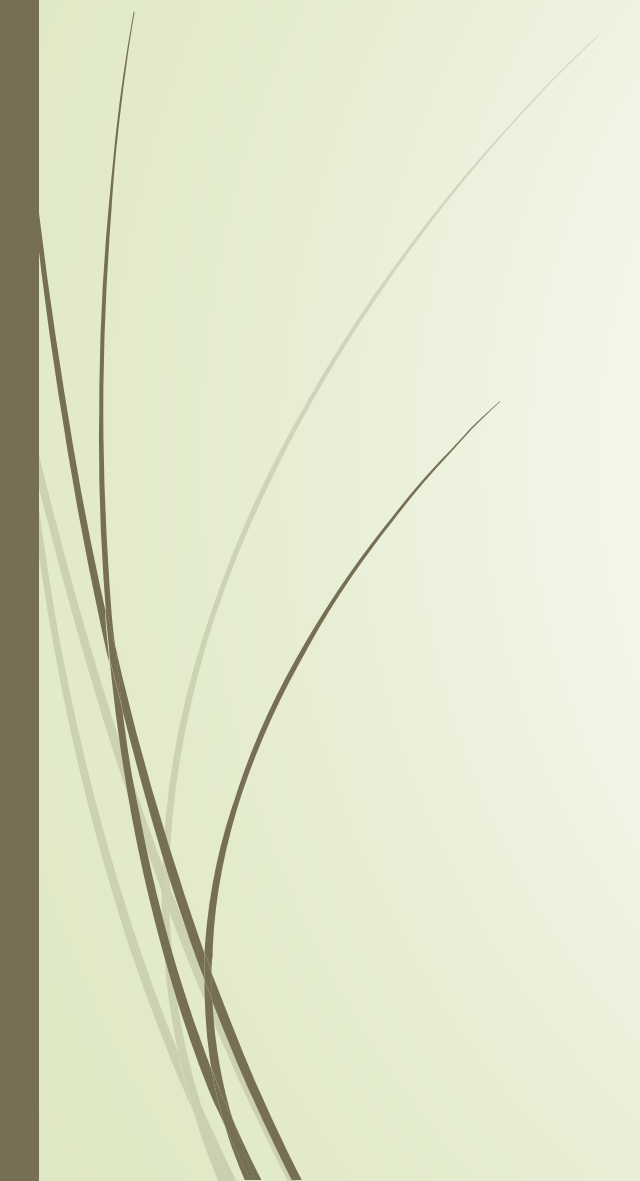
2. I WILL ABIDE IN YOUR TABERNACLE
(Vs. 4)


Intentional about His church, His
Word, dialogue with Him, fellowship
with **believers...discipleship.**



3. I WILL TRUST (Vs. 4)

Trust is an act of faith and will. It is built and requires knowledge of the nature and character of God.






4. I WILL SING PRAISE
(Vs. 8)

What better time to RAISE A
HALLELUJAH, than when our heart is
overwhelmed.

Praise STIFLES THE ENEMY!



The Scripture says WHEN, not If. We WILL face overwhelming things in the days to come.

Be PREPARED, ALERT and IN LINE with God and His Word.

We are training to be intentional and disciplined, so we can run TO the battle, not AWAY from it.



LET'S ACTIVATE!

- WE CRY OUT TO THE ROCK (PRAYER)
- WE ABIDE IN HIM (WORD, STUDY, COMMUNION, FELLOWSHIP)
- WE TRUST HIM (FAITH IN ACTION)

WE SING PRAISE (STIFLE THE ENEMY,
ENCOURAGE OUR HEARTS)