

# you asked for it!

## I WON'T BE OVERWHELMED

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What keeps you up at night? Are you worrying about all you have to do at work? Worried about relationships? A family crisis? Financial worries? The future? A lot of us are stressed out because we feel we have way too much to do. Between work, kids, after-school activities, social events, and making dinner, most of us feel like we have way too much to do. Being overwhelmed is an understatement.

Are you running on empty? Our cars have gas gauges to tell us when we're running low. Physically, we can tell when we're worn out and tired. But do we know when our soul is fatigued? Our reactions to stress reveal the truth when we are mentally and emotionally running on fumes. We can snap and complain, and find company to encourage our misery, or we can slow down and take some time to sit at the feet of Jesus. Our lives will never be perfect, but we can become the kind of people who have the strength and peace to deal with whatever life throws our way.

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*  
—Jesus (Matthew 11:28–30)

### Talk About It

1. Read Luke 10:38-42. Compare your personality to Mary and Martha. Which one of them are you more like? Why?
2. What's the condition of your soul these days—are you running on full or getting by on fumes? Share a few examples of things that either drain you or fill you up. How can you be more intentional to fill up regularly?
3. Oftentimes, our pace in life is simply too fast. Speed can kill our relationships and damage our souls. How's your pace these days? How is it affecting your relationships—with God and with your family and friends?
4. If someone were to watch your life for a week, what would they conclude is the one thing you think needs to get done every day? Folding laundry? Cleaning the house? Catching up on email? Reading Facebook? Where does God fall on that list? How important is it to you to spend time with him and listen to his voice?

### Act on It

Spend 15-20 minutes each day this week praying and reading God's Word. Pray the Lord's Prayer as a pattern to shape your worries into prayers. Then worship God by thanking Him for who He is and what He has done. This may seem counterintuitive—you already have too much to do, and now we're giving you one more thing to add to your list. But when you pray and sit at the feet of Jesus, he multiplies your time. You actually get more done and you're not as stressed out. Don't believe it? Give it a try and see what happens.

*"But seek first His kingdom and His righteousness, and all these things will be given to you as well."* Matthew 6:33

### Pray About It

*"Here's what I want you to do: Find a quiet, secluded place...Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace. (Matthew 6:6, The Message)*

*God I look to You, I won't be overwhelmed  
Give me vision to see things like You do  
God I look to You, You're where my help comes from  
Give me wisdom; You know just what to do.*

*God I Look To You (Bethel Music, feat. Francesca Battistelli)*



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