

# Morning Thoughts: Overwhelmed & Loving It!

Life is unexpected and unplanned, as much as we'd like it not to be. This ultimately brings about worn out feelings of stress into our lives. I am someone who can get overwhelmed and stressed out super easily and I oftentimes let that affect the way I connect with God and others, through good or hard things. Ultimately I try to "get over it" as to not be a burden to other people, which furthers my disconnect from God and people. God calls me to be joyful always, how can I do that when I'm so stressed out?!

**Q:** What are some things that you feel overwhelmed with right now?  
(The good, the bad, and the ugly)

**Q:** How are you dealing with these things? How much is God involved? How much are you praying about these situations/feelings?

---

---

---

---

When I feel overwhelmed, I really need someone who can relate to me. There is no one, besides Jesus, that I could think of that could relate more to being overwhelmed than the apostle Paul.

## **Someone Who Can Relate** (2 Corinthians 11:23-30)

Paul is describing just some of the many challenges that he has faced on his journey to spread God's Word to as many people as possible, and they were all incredibly intense! As Christians in America we definitely don't face anything even close to what Paul is feeling here and yet through all of that he says "I will boast of the things that show my weakness" (v. 30)! For me that is the last thing that I want to do is be open about feeling overwhelmed with anything, "I can handle it, I'll get over it" is my attitude - that is not what God wants me to do! How can I have this humble attitude of Paul? Paul is someone to relate to, but we also need to follow his example of openness.

**Q:** How are you dealing with these things? How much is God involved? How much are you praying about these situations/feelings?

**A Positive Perspective (2 Corinthians 4:7-18)**

Again, Paul is sharing with the Corinthian church about all of his struggles, and there is not one hint of complaining! However his perspective is focused on the positive things that are going on in spite of the difficulties that he is facing - "hard pressed, but not crushed; perplexed, but not in despair" (v. 8-9). In verses 14-18 he shares with us his secret to this perspective: God's promises! He remembers what awaits him after this life - heaven! He remembers the power of God - that just as God raised Jesus from the dead, that he too will raise us from our suffering on this earth one day! He understands that however hard life is on earth - it far outweighs the eternal life with God! (Which is something to be incredibly joyful about).

In Psychology, stress is said to be caused by one assessing a situation and feeling as if one did not have the means (financial, emotional, physical, etc.) to survive the situation or accomplish the task at hand. Paul constantly was getting his needs met for each of these situations with God by remembering what God was still doing in his life despite and through his challenges. The joy of remembering his God and Father helped him continue on to pour out his life for God and others tirelessly!

**Q:** Do you feel as if God cannot handle the situation that you are in? Why or why not? Share your answer to this question with a close friend and/or discipling partner.

---

---

---

---

**Focus for the Day:**

Study out these passages in you personal time with God (Romans 8:18-39, 2 Peter 1:3-4, 2 Corinthians 5:1-10, 1 Peter 5:5-7, 10-11)