

#### **Emotion Commotion**

#### **Overwhelmed and Overcoming**

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"Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

John 16:33b NLT

Do not be overcome by evil, but overcome evil with good.

**Romans 12:21 NIV** 

This is the victory that has overcome the world . . . our faith.

1 John 5:4b NIV

## I Overcome When I...

## 1. Get the right person on the throne.

Humble yourselves, therefore, under God's mighty hand, so that in due time He may exalt you. Cast all your anxiety on Him, because He cares for you.

1 Peter 5:6-7 BSB

The earth is the LORD's, and everything in it. The world and all its people belong to him.

Psalm 24:1 NLT

## 2. Make peace that I'm in a war.

Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

1 peter 5:8 BSB

The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all.

Psalm 34:18-19 ESV

## 3. Talk it out while I walk it out.

Resist him, standing firm in your faith and in the knowledge that your brothers throughout the world are undergoing the same kinds of suffering.

1 Peter 5:9 BSB

Cast your burden upon the LORD and He will sustain you; He will never let the righteous be shaken.

Psalm 55:22 BSB

# 4. Look at the big picture.

After you have suffered for a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore you, secure you, strengthen you, and establish you.

1 Peter 5:10a BSB

Since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering. Yet what we suffer now is nothing compared to the glory he will reveal to us later.

**Romans 8:17-18 NLT** 

### **Weekend Music:**