

9/11/2022

Triggered

Emotion #1: Overwhelmed

Triggered:
**a reaction caused by a particular
emotion or situation**

*"...The armies of the Moabites, Ammonites,
and some of the Meunites declared war on Jehoshaphat.
Messengers came and told Jehoshaphat,
'A vast army from Edom is marching against you
from beyond the Dead Sea.*

*They are already at Hazazon-tamar.'
(This was another name for En-gedi.)
Jehoshaphat was terrified by this news
and begged the Lord for guidance.
He also ordered everyone in Judah to begin fasting.
So people from all the towns of Judah
came to Jerusalem to seek the Lord's help...
As all the men of Judah stood before the Lord
with their little ones, wives, and children...*

*Then King Jehoshaphat bowed low
with his face to the ground.
And all the people of Judah and Jerusalem did the same,
worshiping the Lord...*

*At the very moment they began to sing and give praise,
the Lord caused the armies of Ammon, Moab, and Mount Seir
to start fighting among themselves...
they began attacking each other. . .
Not a single one of the enemy had escaped...*

*Then all the men returned to Jerusalem,
with Jehoshaphat leading them,
overjoyed that the Lord had given them victory over their enemies. . . Jehoshaphat was a good king,
following the ways of his father, Asa.
He did what was pleasing in the Lord's sight."
2 Chronicles 20:1-32 (NLT)*

A Wise Response During Times of Stress

1. PRAY

- a) **Turn immediately to God for help.**
- b) **Humble yourself before the Lord.**

2. PRIORITIZE

- a) **Make His will your own.**
- b) **Focus on His power, not your own.**
- c) **Realign your schedule to focus on God's values.**

3. PRAISE

- a) **Thank Him...in advance.**
- b) **Look for blessings in the pain.**

Keep the Conversation going...

Small Group Discussion Questions

- 1. Think about a time when you have been overwhelmed. How did you handle that situation?
- 2. When do you tend to be the most overwhelmed?
- 3. Read Philippians 4:6-9. How can we find comfort in this?