

## I. THE OVERWHELMED MIND

### A. The Significance of a Healthy Mind

1. Everything is affected by our mind.
  - Emotional stability
  - Relationships
  - Physical health
  - Productivity and focus
  - Dealing with negative circumstances
2. Physical issues associated with an unhealthy mind:
  - Chronic stress, anxiety, depression, unresolved trauma, and the like may result in the development of physical maladies, such as:
    - Heart issues
    - Weakened immune system
    - Digestive issues
    - Chronic pain
    - Fatigue and low energy

### B. Overwhelmed

1. Being overwhelmed is a feeling that happens when the demands on you seem bigger than your ability to manage them.
  - a. Your mind and body feel like there is too much happening at once.
2. An overwhelmed mind occurs when your brain reaches its “processing limit”.
  - a. Every person has their limits.
  - b. There were times that Jesus pulled away from the crowds for prayer and rest.
3. Common causes:
  - a. Taking on too many responsibilities.
  - b. Too much occurring within our emotions (*i.e. strong emotions of fear, sadness, or excitement*).
  - c. Big life changes (*especially moving or career changes*).
  - d. Lack of rest (*including sleep*).
  - e. Constant pressure from within—and from others.

4. Signs you are experiencing an overwhelmed mind:
  - a. Trouble concentrating.
  - b. Feeling of anxiety or stress.
  - c. Wanting to avoid tasks.
  - d. Mental shutdown (“freezing up”).

**PASTOR’S NOTE:** *Every person will experience seasons of overload. This does not mean we are incapable of doing the tasks assigned to us. It simply means that my current load is heavier than my mind can comfortably process at this time.*

*When we experience these seasons, the solution is knowing how to reset our mind back to a healthy place, allowing us to begin processing things at a healthy pace that will work effectively for us. **“A healthy pace will put your mind in a healthy place.”***

## II. HOW TO EXPERIENCE “RESET” IN THE OVERWHELMED MIND

### A. Practice Mindfulness

1. Mindfulness is maintaining a constant awareness of our thoughts, feelings, and surroundings. Mindfulness occurs when a person pays close attention to their thoughts.
  - a. What are you thinking about? What consumes most of your thoughts?
  - b. As spiritual people, we should put strong emphasis on spiritual thoughts first!

### B. Have A “Fixed” Mind

#### 1. Psalm 57:7

**KJV** “My heart is fixed, O God, my heart is fixed: I will sing and give praise.”

- a. A “fixed” heart (mind) is firm, unwavering, established, stable, and determined (See pg. 70 “RESET”).
  - b. A fixed mind stays focused and directed toward the right goals.
2. Putting our mind on spiritual things first will assist in driving out unnecessary stress and pressure associated with being overwhelmed.
    - a. Too much thinking on the tasks feeds overwhelmed feelings.
    - b. Thinking on God’s Word feeds us faith and peace to manage the tasks at hand.

**PASTOR'S NOTE:** *Too often spiritual things are neglected because people assume they do not have time for them. This is a major tool of the enemy to overwhelm you. If you will make time for spiritual things, the presence of God will assist you, helping keep you from becoming overwhelmed.*

- **Matthew 6:33**

**NKJV** "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

3. Choose your thoughts wisely.
  - a. Choose which tasks will receive your attention today.
  - b. Keep the necessary tasks in the forefront while intentionally placing others in lower rank on your to-do list.

**C. Recognize the Warning Signs that You Are Becoming Overwhelmed**

1. Constant mental looping.
  - a. Cycle of repetitive thoughts.
2. Difficulty concentrating.
  - a. You have to go back and read things again and again to get it.
  - b. Your mind seems noisy and cluttered.

**PASTOR'S NOTE:** *There have been times that I have begun sermon note preparation, but my mind was too noisy to continue. The solution is to quiet the mind.*

3. Physical tension.
  - a. When the mind is overwhelmed and noisy, the body will be affected.
  - b. Headaches, pressure, muscle tension and aches, rapid heartbeat, feelings of restlessness.

**PASTOR'S NOTE:** *In the past when we would do mega events, there were times that I functioned at such a fast pace that my heart would race. I had to learn how to slow the pace to keep this from occurring.*

4. Feeling mentally flooded.
  - a. Thoughts are coming too fast or too many at once.
  - b. Everything feels urgent or overwhelming.

#### D. Initiate a Reset

Once you recognize that you are becoming overwhelmed, initiate a reset!

1. Change of position:
  - a. **PASTOR SAYS:** I have often found it necessary to completely change position. I may need to get up and take a walk. I may need to get out of the house and do something completely unplanned.
  - b. Often, making a simple change of position will reset things and allow you to come back with greater strength and mental clarity later.
  - c. Stepping away from the task isn't avoidance. It is actually part of the necessary steps in completing the task effectively.

#### 2. Rest:

- a. Rest may include sleep, but it may also be defined as activity that allows the mind and emotions to relax.
- b. **Mark 6:32**  
**NKJV** "And he said unto them, come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat."

**CEV** "But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said, 'Let's go to a place where we can be alone and get some rest'."

**TPT** "There was such a swirl of activity around Jesus, with so many people coming and going, that they were unable to even eat a meal. So, Jesus said to his disciples, 'Come, let's take a break and find a secluded place where you can rest a while'."

**PASTOR'S NOTE:** *People "rest" differently. For some, it is relaxing or spending time with friends and family apart from others who are part of your work environment. For others, the only way to truly reset and rest is to be alone. Notice that Jesus broke away from the daily*

*routine. They needed to be apart from those they were ministering to. There are times you **MUST** break routine.*

3. Find what works for you and establish good patterns.
  - a. Everything doesn't work the same for everyone.
  - b. Find out what works for you and develop a pattern of doing so.
    - Example: if exercise works to declutter your mind, make time for it.
    - Other options:
      - Reading
      - Walking
      - Sports
      - Vacationing
      - Prayer

### III. **FIVE KEYS FOR RESETTING THE MIND**

*(See also pg. 78 "RESET")*

1. Believe God wants you to have a healthy mind.
2. Believe God wants you to have a productive mind.
3. Believe resetting your mind is possible.
4. Ask the Lord to help you establish a reset in your mind as needed.
5. Be willing to do the necessary work to accomplish a full reset.