





# **Toughen Up Lighten Up**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

3. Overwhelmed Slides



# **Matthew 6:25 p. 811**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

4. Overwhelmed Slides



# Look Up

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

5. Overwhelmed Slides



**Looking up is pondering and  
practicing life with God as King.**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

6. Overwhelmed Slides



**He's my Father, He knows what I  
need, I need not worry.**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

7. Overwhelmed Slides



**6 do not be anxious about anything, but  
in everything by prayer and supplication  
with thanksgiving let your requests be  
made known to God. 7 And the peace of  
God, which surpasses all understanding,  
will guard your hearts and your minds in  
Christ Jesus**

**Philippians 4:6-7**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

8. Overwhelmed Slides



**Looking up is pondering and  
practicing life with God as King.**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

9. Overwhelmed Slides



**He's my Father, He knows what I  
need, I need not worry.**

OVERWHELMED  
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10. Overwhelmed Slides



**“I can’t believe”**

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OVERWHELMED  
OVERWHELMED

11. Overwhelmed Slides



**“I can’t believe” = “I refuse to doubt myself”**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

12. Overwhelmed Slides



## **Become overwhelmed with Jesus**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

13. Overwhelmed Slides



**He's my Father, He knows what I  
need, I need not worry.**

OVERWHELMED  
OVERWHELMED  
OVERWHELMED

14. Overwhelmed Slides