

**WHAT**

**TO DO**

**WHEN...**

**YOU'RE  
OVERWHELMED!**



## 2 Corinthians 4.8-9 (NLT)

“We are pressed on every side by troubles, **but we are not crushed.** We are perplexed, **but not driven to despair.** We are hunted down, **but never abandoned by God.** We get knocked down, **but we are not destroyed.”**

## Psalm 142.3 (NLT)

“When I am overwhelmed, you alone know the way I should turn.”

## Luke 9.62 (NLT)

“But Jesus told him, “Anyone who puts a hand to the plow and then looks back is not fit for the Kingdom of God.”