

What To Do When You're Overwhelmed?



2 Corinthians 1.8-9

“We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. **We were crushed and overwhelmed** beyond our ability to endure, and we thought we would never live through it. **In fact, we expected to die.**”

Ecclesiastes 4.9-10

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.”

Ecclesiastes 4.12

“A person standing alone can be attacked and defeated, but **two can stand back-to-back and conquer**. Three are even better, for a triple-braided cord is not easily broken.”

2 Corinthians 1.9

“As a result, we stopped relying on ourselves and **learned to rely only on God,** who raises the dead.”

Jeremiah 17.5

“This is what the LORD says: **‘cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the LORD.’**”

Jeremiah 17.7

**“Blessed are those who trust in the LORD
and have made the LORD their hope and
confidence.”**

2 Corinthians 1.10

“He did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.”

2 Corinthians 1.11

“You are helping us by praying for us. **Then many people will give thanks because God has graciously answered** so many prayers for our safety.”

1 Peter 1.3

“All praise to God, the Father of our Lord Jesus Christ. **It is by his great mercy that we have been born again,** because God raised Jesus Christ from the dead. **Now we live with great expectation.**”