

# **STRATEGIES FOR STRESSFUL TIMES**

Ryland Walter | May 13-14, 2023

Week 6: When You're Overwhelmed

## **Two Ways To Approach Life**

A shortage mindset: I never have \_\_\_\_\_ & never will  
(Bible words: Lacking, Wanting, Need)

The focus: My limited resources

The result: An overwhelmed life

A surplus mindset: God has \_\_\_\_\_ than I'll ever need  
(Bible words: Abundance, Abounding, Plentiful)

The focus: God's limitless resources

The result: An overflowing life

My cup overflows. — Psalm 23:5 (NIV)

What is my cup? \_\_\_\_\_

On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink.

<sup>38</sup> Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." <sup>39</sup> By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

John 7:37-39 (NIV)

What is an overflowing life? To be filled beyond capacity with an endless supply of God's \_\_\_\_\_

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Psalm 23:6 (NIV)

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, <sup>7</sup> rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6-7 (NIV)

## **How do I go from overwhelmed to overflowing?**

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...give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18 (NIV)

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. <sup>16</sup> Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. <sup>17</sup> And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:15-17 (NIV)

Devote yourselves to prayer, being watchful and thankful.

Colossians 4:2 (NIV)

We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, <sup>12</sup> always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. <sup>13</sup> For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, <sup>14</sup> who purchased our freedom and forgave our sins. Colossians 1:11-14 (NLT)

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What is an overflowing life? To be filled beyond capacity with an endless supply of God's goodness

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### **GRATITUDE**

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# STRATEGIES

## FOR STRESSFUL TIMES

WHEN YOU'RE OVERWHELMED  
Talk-it-Over Notes | May 13-14, 2023

### REVIEW IT

God's desire is to take you from being overwhelmed to overflowing! The Psalmist says of God in Psalm 23:5, "You fill my cup to overflowing" (NCV) or "My cup overflows" (NIV). God's desire is to take you from a shortage mindset: "I never have enough and I never will," to a surplus mindset: "God has more than I'll ever need!" An overflowing life is to be filled beyond capacity with an endless supply of God's goodness. How do you move from overwhelmed to overflowing? Stop complaining and start being grateful! *Let's Talk It Over...*

**Spend some time in the Bible: Read Psalm 23**

### TALK ABOUT IT

1. Who is someone you know who went through a hard time but seemed to have an overflowing sense to them rather than overwhelmed?
2. Read John 7:37-38. The Greek word for "believe" in the verse above includes the idea "to trust in" and "to rely upon." What is the key to receiving God's overflowing life?

*"Do everything without complaining and arguing." Philippians 2:14 (NLT)*  
*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."*  
*1 Thessalonians 5:18 (NLT)*

3. Read the two verses above about being thankful. Talk about what it means to be thankful in all circumstances. Discuss a circumstance you are having trouble being thankful for and what makes it so hard. Pray for each other to be filled with gratitude especially when it is a challenge and encourage each other.

### ACT ON IT

This week, begin each day with thankfulness. Help yourself by making a plan. Write down seven names of people you plan to thank at the beginning of each day over the next week.

### PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.

*Heavenly Father, help us to go from being overwhelmed to overflowing – to be filled beyond capacity with an endless supply of your goodness. Grant us the life Jesus promised when he said, "I've come that you may have real life, and enjoy it in abundance – to the fullest, until it overflows!" Help us to develop gratitude to better experience your overflowing life. In Jesus' name. Amen.*