



EXPERIENCE
Christmas
AT SKYLINE CHURCH

Overwhelmed

Pastor Jeremy McGarity

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

PSALM 142:3 (NLT)

"God sent the angel Gabriel... to a virgin named Mary. She was engaged to be married to a man named Joseph... Gabriel appeared to her and said, 'Greetings, favored woman! The Lord is with you.' Confused and disturbed, Mary tried to think of what the angel could mean. 'Don't be afraid, Mary,' the angel told her, 'for you have found favor with God.'"

LUKE 1:26-30 (NLT)

WHAT TO DO WHEN I'M OVERWHELMED

1 LET GO OF **MY NEED TO CONTROL** THE SITUATION

"Mary asked the angel, 'But how can I have a baby? I am a virgin'... the angel replied... 'For every promise from God shall surely come true.'"

LUKE 1:34,37 (LB)

Mary said, “I am the Lord’s servant, and I am willing to do whatever he wants. May everything you said come true.”

LUKE 1:38 (LB)

“Trust God from the bottom of your heart. Don’t try to figure out everything on your own.”

PROVERBS 3:5 (MSG)

“The Lord will work out His plans for my life.”

PSALM 138:8 (NLT)

2 LET OTHERS **HELP ME OUT**

“Mary didn’t waste a minute. She got up and traveled to a town in Judah in the hill country, straight to Zachariah’s house, and greeted Elizabeth.”

LUKE 1:39-40 (MSG)

“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 4:9-10 (NLT)

“Share each other’s troubles and problems, and so obey our Lord’s command.”

GALATIANS 6:2 (LB)

3 LET GOD **GIVE ME STENGTH**

“You are blessed for believing that the Lord would keep His promise to you.”

LUKE 1:45 (GW)

“When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you.”

ISAIAH 43:2 (GNT)

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

MATTHEW 11:28 (NLT)

WHERE TO FIND STRENGTH WHEN I’M OVERWHELMED

1. BY **PRAISING GOD FOR HIS GOODNESS**

“Mary responded, ‘Oh, how I praise the Lord. How I rejoice in God my Savior!’”

LUKE 1:46-47 (LB)

2. BY **THINKING ABOUT GOD’S WORD**

“Mary kept all these things in her heart and thought about them often.”

LUKE 2:19 (NLT)

3. BY **DOING WHAT FILLS MY “TANK.”**

“(Teach them)...to put their hope in God, who richly provides us with everything for our enjoyment.”

1 TIMOTHY 6:17 (NIV)

* Do the things we mentioned today and when you’re overwhelmed you will be able to say what the prophet Micah said when he was overwhelmed:

“I’m overwhelmed with sorrow! Sunk in a swamp of despair! ... But me, I’m not giving up. I’m sticking around to see what God will do. I’m waiting for God to make things right...”

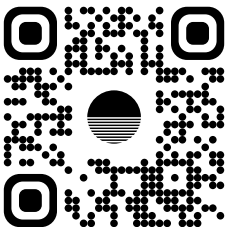
MICAH 7:1,7 (MSG)

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SMALL GROUP QUESTIONS

- 1 Share one thing that stood out to you in this week's sermon and why.
- 2 What tends to make you feel overwhelmed... finances, relationships, holidays, work, or fill in the blank?
- 3 What does your posture look like when you are overwhelmed? Are you short with people, mean, angry, distant, or quiet? Go around the group and share.
- 4 Who are the people who help you carry your burdens?
- 5 How can we be praying for you this week?



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Upcoming Events

12.05 | Christmas Nights

12.05 | Classic Praise

12.12 | Ugly Christmas Sweater Sunday

12.19 | Blood Drive