

“Overcome Being Overwhelmed”
Hope for Everyday
Part 8

***Being Overwhelmed is our inability to balance all
the competing demands***

“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day’s journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” ⁵ Then he lay down under the tree and fell asleep.

1 Kings 19 :3

We run ourselves into exhaustion

(in verse 3) "Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die.

We try to do it all ourselves...

“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there

We tend to dwelt on the negative

verse 4 “while he himself went a day’s journey into the desert. He came to a broom tree, sat down under it and prayed that he might die

*All at once an angel touched him and
said,..... “Get up and eat.”*

*⁶ He looked around, and there by his head
was a cake of bread baked over hot coals,
and a jar of water. He ate and drank and
then lay down again.*

*What do you **NEED?***

What else do you need...You need God

The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

***“Are you tired? Worn out? Burned out on religion?
Jesus says “ Come to me, Get away with me and you’ll
recover your life, I’ll show you how to take a real rest.
Walk with me and work with me – watch how I do it.
Learn the unformed rhythms of grace. I won’t lay
anything heavy or ill fitting on you . Keep company with
me and you’ll learn to live freely and lightly.***

Matthew 11:28-30

Message paraphrase translation

TO THIS WORLD BUT Be tRansFormed BY THE RENEWAL OF your MIND

you shall not walk in their statutes

Lev 18:3

After the Image of it's Creator

Col 3:10

Christ who lives in me

Gal 2:20

do not be conformed to the passions of your former ignorance

1 Peter 1:14

If anyone is in Christ he is a new creation

2 Cor 5:17

We are God's children now

1 John 3:2

Be Conformed to Christ we all... are being transformed into the SAME IMAGE from one degree of GLOBY to another