



**What Do I Do When...#2  
I'm Feeling Overwhelmed  
By Louie Marsh, 7-10-2016**

**When I'm feeling overwhelmed I need to**

**1) Step back so I can gain \_\_\_\_\_**

*"Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalms 46:10 (NASB)*

- **If I'm going 100 mph it's hard to \_\_\_\_\_**
- **I'm probably missing \_\_\_\_\_**

*<sup>16</sup> Thus says the LORD: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls. But they said, 'We will not walk in it.'" Jeremiah 6:16 (ESV)*

- **This ought to be a \_\_\_\_\_**

*But Jesus often withdrew to lonely places... Luke 5:16a (NIV)*

**2) Step Up to God's throne in \_\_\_\_\_**

*...and prayed. Luke 5:16b (NIV)*

*<sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may **receive mercy and find grace to help** in time of need. Hebrews 4:16 (ESV)*

*<sup>18</sup> praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, Ephesians 6:18 (ESV)*

**3) Step into \_\_\_\_\_**

*<sup>24</sup> But God has so composed the body, giving greater honor to the part that lacked it, <sup>25</sup> that there may be no division in the body, but that the members may have the same care for one another. <sup>26</sup> If one member suffers, all suffer together; if one member is honored, all rejoice together. 1 Corinthians 12:24b-26 (ESV)*

**4) Step Aside & \_\_\_\_\_ to Jesus**

*<sup>7</sup> casting all your anxieties on him, because he cares for you. 1 Peter 5:7 (ESV)*

*<sup>22</sup> Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved. Psalm 55:22 (ESV)*

*<sup>19</sup> Blessed be the Lord, who daily bears us up; God is our salvation. Selah Psalm 68:19 (ESV)*

**5) Step forward \_\_\_\_\_ as an overcomer!**

*<sup>1</sup> Now faith is the assurance of things hoped for, the conviction of things not seen. <sup>2</sup> For by it the people of old received their commendation. Hebrews 11:1-2 (ESV)*

*<sup>8</sup> By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going. <sup>9</sup> By faith he went to live in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. <sup>10</sup> For he was looking forward to the city that has foundations, whose designer and builder is God. Hebrews 11:8-10 (ESV)*



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