

# Overcoming Overwhelmed

*“When my spirit was overwhelmed within me, Thou didst know my path, in the way where I walk, they have hidden a trap for me.” Psalm 142:2*

Do you ever feel overwhelmed? You know what I mean don't you?

Pressures in life pile up, pinning us under the pile. Uncontrollable circumstances cause life to spin out of control. Overcrowded calendars, unrealistic expectations, overloaded schedules, destiny determining decisions, demanding deadlines...all scream to be heard, leaving us scratching our heads wondering if we will ever meet the incessant, ever-increasing demands of 21<sup>st</sup> century living.

And if the above pressures don't elevate our stress levels high enough, sudden, unexpected setbacks, financial reversals, estranged relationships, health issues, significant loss, dreams turned nightmares, and a whole host of other life challenges contribute to that sinking feeling that we are in over our heads.

Almost daily in my ministry I hear someone say that they feel “overwhelmed”.

**Overwhelm can overcome us if we are not careful.** Significant numbers of people in our society are running on overwhelm and making major life mistakes. Feeling overwhelmed can leave you wanting to pull your hair out, scream at the top of your lungs, cry, fast and pray, kick something, punch somebody, throw in the towel, or crawl into bed, pull the covers over your head, and hope life goes away. Am I speaking to anybody out there?

Webster defines overwhelm as “to turn over, to cover up, to upset, to overthrow, to overcome completely, to submerge, to overcome by superior force or numbers, to overpower in thought or feeling.”

**Overwhelm conveys the idea of being overrun and overcome by someone or something.**

In our scripture, David openly declares that his spirit was overwhelmed. Deep down inside in his inner man, spiritually and emotionally, David was feeling overrun and overcome.

Psalm 142 and 143 are desperate prayers for help and deliverance from trouble. David's enemies were out to get him. Bad guys set traps to trip him up. David's troubles had piled up and were troubling him. Instead of overcoming his enemies, his enemies were momentarily overcoming him.

Note that David says that **while he was overwhelmed in spirit**, God knew the path David walked and what his enemies were up to. That's a good word for King David and you and me! Bottom line: the Lord knew what was going on. Almighty God wasn't surprised, shocked, shaken or overwhelmed with his servant's overwhelming situation.

**Over and over again the Word of God reveals to us that overwhelm never overwhelms the God of the Word. In other words, when we are overwhelmed, God isn't.**

Having been around the block of overwhelm before, David knew what to do when life was over his head. In Psalm 61:2-3 we read *"From the end of the earth I call to Thee, when my heart is overwhelmed (fainting); Lead me to the rock that is higher than I. For thou hast been a refuge for me, a tower of strength against the enemy."*

**David overcame overwhelm in his life by looking to the Lord as His refuge (hiding place), leaning on Him as his rock (immovable foundation), and receiving God's strength to overcome his enemies (deliverance and victory!).**

Would you like to hear some really good news? I thought you might. **What David did to overcome overwhelm, you and I can do.** David knew that God could help him overcome because God can overcome anything. Including overwhelm.

Think about this for a minute. If anyone could have ever felt overwhelmed with what He had to face in life, it was God's only Son Jesus Christ. A horrific death on a cruel Roman cross would be overwhelming to me. But overwhelm didn't overcome the world's Savior. Jesus overcame overwhelm when He rose from the dead! His glorious victory over extreme stress and unfathomable life pressure paved the way for us to overcome overwhelm through Him!

**Christians aren't to be overcome by overwhelm. Believers in Christ are to overcome overwhelm!** Romans 8:37 boldly declares to people of faith *"But in all these things we overwhelming conquer through Him that loves us."* When I am tempted to feel overwhelmed, *"overwhelmingly conquer"* is sweet music to my spirit's ears.

**Through Jesus Christ, you and I can overcome overwhelm!**

Next time you feel overwhelmed, resolve to overcome overwhelm. Refuse to let overwhelm overcome you. Seek shelter and safety in the shadow of God's wings. Sing with a loud voice and joyfully shout His praises! Place your faith firmly in His fantastic promises to deliver and sustain. Take what is overwhelming you, turn it over to the Lord, then, through confident faith in His overcoming power, overcome overwhelm.

*"I can do all things through Him who strengthens me."*

*Philippians 4:13*

**A Word For Your Week:** With God's power, overrun and overcome what is trying to overwhelm you!

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