

# Near

## To The Overwhelmed (Week 2)

### LifeNotes

## TALK IT OVER

### Main Idea

When life is overwhelming, God is near us.

### Key Scriptures

*All this took place to fulfill what the Lord had said through the prophet: "The virgin will be with child and will give birth to a son and they will call him Immanuel"—which means "God with us." Matthew 1:22-23*

*The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." Confused and disturbed, Mary tried to think what the angel could mean. "Don't be afraid, Mary," the angel told her, "for you have found favor with God! You will conceive and give birth to a son, and you will name him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David. And he will reign over Israel forever; his Kingdom will never end!" Mary asked the angel, "But how can this happen? I am a virgin."*

Luke 1:28-34

*Mary responded, "I am the Lord's servant. May everything you have said about me come true." And then the angel left her. Luke 1:38*

*I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. Romans 15:13*

**You steer where you stare.**

### When you feel overwhelmed:

1. Declare who you are.
2. Believe God on this one.

### Start talking.

- What things tend to send you into a state of overwhelm?
- How do you typically respond in those situations?

### Start thinking.

- Joel mentioned there are typically two types of "overwhelm": Too much too soon; and Too little Too long. Give an example of each.
- What are the consequences of each?
- Read Luke 1:28-34. Which type of "overwhelm" is Mary confronted with?
- Read Luke 1:38. What does Mary's response reveal about her relationship with God?

### Start sharing.

- Read Romans 15:13. What is the evidence of being filled, "completely with joy and peace"?
- Describe a time when you have felt filled with joy and peace.
- How do circumstances make it difficult to, "trust in him"?
- How does the Holy Spirit enable us to overcome our overwhelm?

### Start doing.

- Read the following scripture and write down the truth they declare about you: John 1:12; John 15:15; Romans 3:24; Romans 6:6; Romans 8:17; 1 Corinthians 6:17; 2 Corinthians 5:17; Ephesians 1:7; Ephesians 2:10; Philippians 4:7

### Closing prayer.

Jesus help me. Help me in those moments and seasons where I feel overwhelmed. Remind me who you declare me to be by your power and grace. Give me peace as I walk through difficult times. And by your power help me believe in, and trust in, your will for my (and my loved one's) lives.