



When Overwhelmed...

3.25.2020

Main Idea: When I feel overwhelmed, I can find joy in God because he gives me comfort.

When I am filled with cares, your comfort brings me joy.
-Psalms 94.19 (CSB)

I have no problem admitting that I can be an emotional guy; I recognize that emotions are a gift from God. Conversely, I also recognize that emotions can sometimes get out of hand and become negative. King Solomon told us that there is great benefit in “controlling one’s emotions” (Prov. 16.32).

If we’re honest, we all experience emotions. We can feel sad, happy, hurt, protected, embarrassed, love, and etc. There is nothing wrong with recognizing how we feel. However, it is vital that we respond to our emotions in a God-honoring way. When we feel embarrassed, we may become angry and lash out at the one who embarrassed us, even though responding in anger does not accomplish anything.

Likewise, when we find ourselves in times of uncertainty, we can easily feel worried, anxious, and stressed. The Psalmist tells that when we are *filled with cares, your comfort brings me joy*. In the context of this passage, the Psalmist has recognized God’s presence and working in his life. Though he was frustrated with the evil around him, he found comfort in the reality that *God’s faithful love will support him* (Ps. 94.18).

So, when you feel overwhelmed, look to God and find comfort in the reality that *The Lord is near* (Philippians 4.5b).

For Reflection...

-What causes you to feel overwhelmed? Take those things to the Lord in prayer, asking him to calm your heart and to give you comfort.

-What can you do to remember the love of God during times of uncertainty?

*We can choose not to be afraid, we can choose joy,
and we can always choose Jesus.*

— *Nik Ripken* (*The Insanity of Obedience*, pg. 296)



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