

# Emotions



Dr. Jeff King  
Christ Lutheran Church  
Southwick, Massachusetts

# Feeling Overwhelmed

The reality is: We all feel overwhelmed at times.

No doubt you've lived through some storms in your life. But the good news is ... You're still standing!

## 1. You have \_\_\_\_\_

God put bounce-back in the palm tree. It may get bent to the ground, but it's only temporary. It's just a matter of time before the palm tree rises up again.

"The righteous will flourish like a palm tree." (Psalm 92:13)

The same is true with you. You may get pushed down. But when you come out of the storm, when you straighten back up, you're going to be stronger.

You have the DNA of Almighty God in you!

**2. You've got to have a \_\_\_\_\_**

Fight like David against Goliath.

You have to do your part and grab your slingshot!

Shake off that weak, defeated "Why did this happen to me?" mentality and have a warrior mentality. A warrior doesn't complain about opposition; a warrior loves a good fight. It fires him up.

**3. You'll be standing as \_\_\_\_\_**

"You have armed me with strength for the battle." (2 Samuel 22:40)

The more difficult the battle, the more strength you'll have. Your strength will always match what you're up against.

Example: Consider the man who yanked the door off a burning car to rescue a person trapped inside.

When you do what you have to do, you'll discover strength you didn't know you had.