

## The Pressure Cooker Called Life

Or

When you're overwhelmed: don't panic any further

Intro: Have you ever found yourself in a scenario where you had multiple deadlines, a long list of unfinished tasks, past due bills coming in the mail because you had forgotten to pay them?

We live in a world that is becoming increasingly busier. Things are moving at a faster pace and we are forced to move right along with it.

The downside is that we are often overwhelmed by the number of things that we are responsible for and that are required of us. The question is how are we supposed to handle these overwhelming, overpowering and stress producing situations?

### I. Overwhelmed defined

The word 'overwhelmed' means 'to be submerged under the weight of something. To be overtaken by a superior force. Or to be overpowered by your thoughts and feelings.'

Have you ever felt like saying, "Enough is enough! I can't take this anymore?!!!"

### II. Things that overwhelm us

- I am sure that there are many more than I am sharing today but lets at least think about these suggestions that overwhelm folks today
- The increasing speed of deadlines at work
- The increasing demands by children for school activities
- The increasing work of the church and the dwindling of people to help. People who don't feel qualified but by God's provision are indeed qualified

- The increasing national debt as workers work harder only to see their taxes raise so the lazy can enjoy life without feeling overwhelmed

### III. Results of being Overwhelmed

Some suggestions:

Restless nights: as you toss and turn while trying to figure out how you are going to squeeze one more thing into tomorrow's schedule

Busy days: working through break and lunch hour

Fear: That you will lose your job if you don't produce more and more

Fear: That you may lose your family if you don't give them everything they request and do everything they want when they want it

Irritability: It is well known that that when we feel overwhelmed we can easily get snappy an irritable with others

### IV. How to avoid being overwhelmed

A. You need to recognize your value as a person

It is easy when we feel overwhelmed to get the idea that since everything seems to be piling up on me, it must mean God doesn't love me

God says, "I want you to know your value. You're important. You matter to Me. You're an original masterpiece." I love you.

Matthew 6: 25,26 **Remember:** You are so important to me that I will provide all you need. If I will do it for the birds, then why not you???

God says, You matter to Me.

B. Realize that you can't please everyone

**Question:** What happens if we try to please everyone?

When we try to please everyone we will be totally miserable as we try to accomplish the impossible.

Jesus walked the face of the earth and He did not meet everybody's need. So why do you expect that you can?

To keep from being overwhelmed just answer this simple question, Who do you need to stop pleasing? Who are you living to please for their approval?

C. Make time decisions based on your convictions not others' agendas

"Have some convictions with how you spend your time and what is important to you." Do not just respond to the pressure of the moment.

We need to make our decisions by what we feel and not worry about what others may think because we relax once in a while

I believe that one of the reasons we throw up our hand and say we're so overwhelmed is because we allow other people's agendas to control our time.

**Question:** Are you allowing someone to control your agenda a little more than you should??

D. We've got to withdraw to be refreshed by others

There's something about other people that God uses to bring refreshment into our life, people who add a little zest and fresh air to our life.

When we're overwhelmed, we need some people in our lives that will be refreshing to us and who we want to be with because they blow life into us.

Some of you are saying, "I'm too busy. I don't have time for those kind of friendships." Actually, if that is your response, you're the one that needs them the most.

Write down the name of that person in your life that is refreshing when you spend time together. When are you going to pursue time with them?

E. Take time to be quiet

This was taught and practiced by Jesus Himself Mark 6:31

Ecclesiastes 3:1 Sometimes we need to take time to come apart before we come apart.

Time to reflect on what God has given you especially when you are feeling overwhelmed.

Take time to pray for quiet guidance from him as to how to relax and praise for giving us that rest Psalm 127:2

Take time to reflect on your life and the privilege that has been yours as a believer. and how so much of it has actually already counted for the Lord, through touching other people's lives.

In closing lets picture it this way

When feeling overwhelmed, think of the words of Francis de Sales who said that

To enjoy a Christ-like simplicity is similar to what we see in little children being one "who with one hand clings to their father, and with the other gathers strawberries or blackberries along the hedges. A real picture of being overwhelmed finally conquered

If you haven't taken time to smell the roses, how about taking time to at least pick some berries as you and Jesus walk along life's pathway.

**A final thought:** To pick berries along the path with Jesus, you need to get on the path with him and you can do that by reading and doing the following,

Realize you are a sinner Rom. 3:23

Understand that the payday for sin is death or eternal conscious separation from God. Rom. 6:23a

Know that there is a way of escape for you. Rom. 6:23b and Jn. 1:12

Desire to escape and pray this or a similar prayer.

"Dear God, I know I am a sinner. I am truly sorry for my sins, and I confess them all to You [name them]. Lord Jesus, forgive all my sins and come into my heart as my Saviour and Lord. I receive You right now. Help me from this time forward to live for You. Thank You for hearing and answering my prayer. In Jesus' name. Amen."

On the \_\_\_\_\_ day of \_\_\_\_\_ I became a Christian by inviting Jesus Christ into my life to forgive my sin.

Signed: \_\_\_\_\_

If you have further questions or have chosen to do this, be sure to let us know so we can help you, pray for you and encourage you in your new life.

You can reach us at [lapeerchurch@gmail.com](mailto:lapeerchurch@gmail.com) Subject line: (Salvation)