

## When You're Feeling Overwhelmed

### 4 Ways to Overcome Panic, Worry, Fear and Control

#### 1. Turn your panic into prayer

(John 6:19-20) <sup>19</sup>They had rowed three or four miles when suddenly they saw Jesus walking on the water toward the boat. They were terrified, <sup>20</sup>but he called out to them, "**Don't be afraid. I am here!**" <sup>21</sup>Then they were eager to let him in the boat, and immediately they arrived at their destination!

Jesus is saying to us today, turn your panic into prayer and **Be blessed not stressed**

(Philippians 4:6) **Don't worry about anything; instead, pray about everything.** Tell God what you need, and thank him for all he has done.

#### 2. Turn your worry into worship

(Matthew 11:28-30) <sup>28</sup>Then Jesus said, "**Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.**" <sup>29</sup>Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and **you will find rest for your souls.** <sup>30</sup>For my yoke is easy to bear, and the burden I give you is light."

#### 3. Turn your fear into faith

(Matthew 6:31-34) <sup>31</sup>"So don't worry about these things, saying, '**What will we eat? What will we drink? What will we wear?**'" <sup>32</sup>These things dominate the thoughts of **unbelievers**, but your heavenly Father already knows all your needs. <sup>33</sup>**Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.**

(Hebrews 11:6) And it is **impossible to please God without faith.** Anyone who wants to come to him **must believe that God exists** and that **he rewards those who sincerely seek him.**

#### 4. Turn your control into freedom

(2 Corinthians 3:17) For the Lord is the Spirit, and **wherever the Spirit of the Lord is, there is freedom.**

(1 John 4:18) **Such love has no fear**, because **perfect love expels all fear.** If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

#### Think about it:

**Do you feel overwhelmed and addicted to always being in control of people, circumstances and situations** and now you're starting to realize that you were never in control in the first place? If so, do you want to turn control into freedom?

**Have you believed the great lie** that I can control other people or other people can control me or punishment, yelling, anger, fear and violence helps me to control other people?

**Truth is, the only person that we can control on a good day is ourselves. Not other people.**

## **What happens to a family, community and humanity when someone is addicted to control (Genesis 3, 4:13-14, Gen. 6:5)?**

- 1) From the very beginning God created a beautiful world and entrusted us with the freedom to care for it. But from the beginning of creation till today, people have been addicted to be in control. It's our **flesh and human desire to be in control that tempted Adam and Eve** to sin that led to consequences of sin, shame, blame, death, decay and the curse of the land and mankind. (Gen. 3)
- 2) **The first act of violence in the bible happened in a family** when Cain killed Abel was because **Cain wanted to be in control**. (Gen 4:13-14)
- 3) **It's easy to feel overwhelmed when we are addicted to control** (Gen 6:5) 5 The Lord observed the extent of human **wickedness** on the earth, and he saw that **everything they thought or imagined was consistently and totally evil**. 6 So the Lord was **sorry** he had ever made them and put them on the earth. **It broke his heart**. 7 And the Lord said, "I will wipe this human race I have created from the face of the earth....I am sorry I ever made them." 8 But Noah found favor with the Lord.

## **Zoom Ekklesia? Prophetic Communities**

### **Discussion Questions (20 min):**

1. What will you do in the next 24 hours and week to **turn panic into prayer** (see John 6:19-20; Philippians 4:6)?
2. What will you do in the next 24 hours and week to **turn worry into worship** (see Matthew 11:28-30; Philippians 4:6)?
3. What will you do in the next 24 hours and week to **turn fear into faith** (Matthew 6:31-34; Hebrews 11:6)?
4. What will you do in the next 24 hours and week to **turn control into freedom** (2 Corinthians 3:17; 1 John 4:18)?

## **What does God love about the people in His Ekklesia (10 min)?**

1. **Take 90 seconds to ask our Father what 3 things He loves about the people in His Ekklesia?**
2. Share 3 things that God loves about the people in your Ekklesia
3. Have someone close in prayer