

When You're Feeling Overwhelmed

4 Ways to Overcome Panic, Worry, Fear and Control

1. Turn your panic into prayer

(John 6:19-20) ¹⁹They had rowed three or four miles when suddenly they saw Jesus walking on the water toward the boat. They were terrified, ²⁰but he called out to them, "**Don't be afraid. I am here!**" ²¹Then 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) ²⁸Then Jesus said, "**Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.**" ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and **you will find rest for your souls.** ³⁰For my yoke is easy to bear, and the burden I give you is light."

3. Turn your fear into faith

(Matthew 6:31-34) ³¹"So don't worry about these things, saying, '**What will we eat? What will we drink? What will we wear?**'" ³²These things dominate the thoughts of **unbelievers**, but your heavenly Father already knows all your needs. ³³**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