

What To When You Are Overwhelmed
(August 16, 2020, By Rev. Anthony Menzel)

***Stop, and determine what's most important.

Matthew 6:7-8, 25-34

7 And when you pray, do not use vain repetitions as the heathen *do*. For they think that they will be heard for their many words.

8 “Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

25 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? **26** Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? **27** Which of you by worrying can add one [j]cubit to his [k]stature?

28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; **29** and yet I say to you that even Solomon in all his glory was not [l]arrayed like one of these. **30** Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **33** But seek first the kingdom of God and His righteousness, and all these things shall be added to you. **34** Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Be gentle with yourself. Realize that you can only get so much done in one day.

Some things are necessary; some things are not.

Luke 10:38-42

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. **39** And she had a sister called Mary, who also sat at [k]Jesus' feet and heard His

word. **40** But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.”

41 And [l]Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. **42** But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”

I keep going back to this scripture because it is so important, especially in this world that is so full of distractions.

Luke 21:25-28

25 “And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring; **26** men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken. **27** Then they will see the Son of Man coming in a cloud with power and great glory. **28** Now when these things begin to happen, look up and lift up your heads, because your redemption draws near.”

The Lord Jesus wants to be feel secure. He wants us to have a security that is rooted and grounded in Him instead of our environment or our circumstances.

Psalm 46:1-11

God *is* our refuge and strength,
A[a] very present help in trouble.

2

Therefore we will not fear,
Even though the earth be removed,
And though the mountains be carried into the [b]midst of the sea;

3

Though its waters roar *and* be troubled,
Though the mountains shake with its swelling. *Selah*

4

There is a river whose streams shall make glad the city of God,
The holy *place* of the [c]tabernacle of the Most High.

5

God *is* in the midst of her, she shall not be [d]moved;
God shall help her, just [e]at the break of dawn.

6

The nations raged, the kingdoms were moved;
He uttered His voice, the earth melted.

7

The Lord of hosts *is* with us;
The God of Jacob *is* our refuge. *Selah*

8

Come, behold the works of the Lord,
Who has made desolations in the earth.

9

He makes wars cease to the end of the earth;
He breaks the bow and cuts the spear in two;
He burns the chariot in the fire.

10

Be still, and know that I *am* God;
I will be exalted among the nations,
I will be exalted in the earth!

11

The Lord of hosts *is* with us;
The God of Jacob *is* our refuge. *Selah*

Be still and know that the Lord Jesus is God...

Even if we come to the end of our lives, we have to trust that He will take care of those we leave behind...

Acts 16:31-34

31 So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household." **32** Then they spoke the word of the Lord to him and to all who were in his house. **33** And he took them the same hour of the night and washed *their* stripes. And immediately he and all his *family* were baptized. **34** Now when he had brought them into his house, he set food before them; and he rejoiced, having believed in God with all his household.

Sometimes people have to find their own path to the way of the Lord Jesus, but if we cry out to God in the name of the Lord Jesus for the salvation of our loved ones, God will save them, especially if we try to make the Holy Trinity the first priority in our lives.

Psalm 37:3-6

Trust in the Lord, and do good;
Dwell in the land, and feed on His faithfulness.

4

Delight yourself also in the Lord,
And He shall give you the desires of your heart.

5

Commit[a] your way to the Lord,
Trust also in Him,
And He shall bring *it* to pass.

6

He shall bring forth your righteousness as the light,
And your justice as the noonday.

God will give us anything that is in His Will.

1 John 5:14-15

14 Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. **15** And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

The salvation of our loved ones and friends is definitely in His Will.

2 Peter 3:9

9 The Lord is not slack concerning *His* promise, as some count slackness, but is longsuffering toward [c]us, not willing that any should perish but that all should come to repentance.

***Don't cut corners on safety or on other things that are most important.

For example, we can't be so busy ministering to other people that we don't have enough time for our children.

1 Samuel 2:11-17, 22-25

11 Then Elkanah went to his house at Ramah. But the child [d]ministered to the Lord before Eli the priest.

The Wicked Sons of Eli

12 Now the sons of Eli *were* corrupt;^[e] they did not know the Lord. **13** And the priests' custom with the people *was that* when any man offered a sacrifice, the priest's servant would come with a three-pronged fleshhook in his hand while the meat was boiling. **14** Then he would thrust *it* into the pan, or kettle, or caldron, or pot; and the priest would take for himself all that the fleshhook brought up. So they did in Shiloh to all the Israelites who came there. **15** Also, before they burned the fat, the priest's servant would come and say to the man who sacrificed, "Give meat for roasting to the priest, for he will not take boiled meat from you, but raw."

16 And *if* the man said to him, "They should really burn the fat first; *then* you may take *as much* as your heart desires," he would then answer him, "No, but you must give *it* now; and if not, I will take *it* by force."

17 Therefore the sin of the young men was very great before the Lord, for men abhorred^[f] the offering of the Lord.

22 Now Eli was very old; and he heard everything his sons did to all Israel, ^[i]and how they lay with the women who assembled at the door of the tabernacle of meeting. **23** So he said to them, "Why do you do such things? For I hear of your evil dealings from all the people. **24** No, my sons! For *it* is not a good report that I hear. You make the Lord's people transgress. **25** If one man sins against another, God^[j] will judge him. But if a man sins against the Lord, who will intercede for him?" Nevertheless they did not heed the voice of their father, because the Lord desired to kill them.

Eli's worst mistake with his children was not correcting them.

1 Samuel 3:11-14

11 Then the Lord said to Samuel: "Behold, I will do something in Israel at which both ears of everyone who hears it will tingle. **12** In that day I will perform against Eli all that I have spoken concerning his house, from beginning to end. **13** For I have told him that I will judge his house forever for the iniquity which he knows, because his sons made themselves vile, and he did not ^[b]restrain them. **14** And therefore I have sworn to the house of Eli that the iniquity of Eli's house shall not be atoned for by sacrifice or offering forever."

It is noteworthy that this was Samuel's first prophecy...
Prophecies aren't always positive...

One of the reasons why God promised good things to Abraham is because he would teach his children about the things of the Lord.

Genesis 18:17-19

17 And the Lord said, "Shall I hide from Abraham what I am doing, **18** since Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him? **19** For I have known him, in order that he may command his children and his household after him, that they keep the way of the Lord, to do righteousness and justice, that the Lord may bring to Abraham what He has spoken to him."

***We should do our best, and we should do the works that the Lord Jesus has for us to do...

However, we should also make sure that we take time to rest...

Psalm 127:1-2

Unless the Lord builds the house,
They labor in vain who build it;
Unless the Lord guards the city,
The watchman stays awake in vain.

2

*It is vain for you to rise up early,
To sit up late,
To eat the bread of sorrows;
For so He gives His beloved sleep.*

Ephesians 2:8-10

8 For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, **9** not of works, lest anyone should boast. **10** For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Verses 8 and 9 are a passage that was foundational to the Evangelical or Protestant Christian movement...

Martin Luther, who was a Catholic priest at the time, saw in the Scriptures that we are not saved or made right with God by doing good deeds...

We are saved by our belief in Him...

Belief comes first; then the works confirm our faith or belief in the Lord Jesus...

Again, we should do our best at everything we do...

Colossians 3:23-24

23 And whatever you do, do it heartily, as to the Lord and not to men, **24** knowing that from the Lord you will receive the reward of the inheritance; for[a] you serve the Lord Christ.

However, we need to rest in the Lord Jesus, especially when you are overwhelmed...

Matthew 11:28-30

28 Come to Me, all *you* who labor and are heavy laden, and I will give you rest. **29** Take My yoke upon you and learn from Me, for I am [f]gentle and lowly in heart, and you will find rest for your souls. **30** For My yoke *is* easy and My burden is light.”