



Sermon: Overwhelmed and Out of Our Control? What can we do?

Key Text: Esther 4

How can we respond when we feel life if overwhelming and out of our control?

1. Trust God in His sovereignty.

John 6:37 ... *"All that the Father gives me will come to me, and whoever comes to me I will never cast out."*

2. Trust God in our circumstances.

Proverbs 3:5–6 ... *"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."*

3. Lean on God's people.

Galatians 6:2 ... *"Bear one another's burdens, and so fulfill the law of Christ."*

4. Surrender to God's will.

Matthew 26:39 ... *"And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."*

God does not want you to fix it,

He wants you to be faithful.

Continue to Learn

Scripture for Reflection

Jeremiah 29:10–14 ...

“For thus says the LORD: When seventy years are completed for Babylon, I will visit you, and I will fulfill to you my promise and bring you back to this place. For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart. I will be found by you, declares the LORD, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the LORD, and I will bring you back to the place from which I sent you into exile.”

“She recognizes that it is not necessary for her to live, but it is necessary for her to do her duty.

That’s why she says what she says: “If I perish, I perish.” This is not fatalism. She’s placing her hands in God. She lifts up her eyes to the hills, as it were, with the psalmist, and she says,

Where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Alistair Begg

- “For Such a Time as This: Part 2”
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Live it Out

Who are three faithful Christians you lean on when facing overwhelming situations?

Reach out to them this week and ask for prayer for the struggles you are facing and thank them for being a support to you.