

When My Heart Is Overwhelmed

Practical Applications (15-20 minutes)

Personal Reflection:

Take 2-3 minutes of silence for each person to consider:

- What burden am I still holding onto that God wants me to release?
- Where do I need God to lead me right now?

Action Steps:

This Week:

1. **Write it down** - List everything that's overwhelming you. Then literally hand that paper over to God in prayer, symbolizing your release of control.
2. **Pray differently** - Instead of telling God what to do, pray "Lead me to the rock" and ask Him to show you His solution.
3. **Reach out** - Contact at least one person from this group to pray with them about their overwhelming circumstance.
4. **Attend prayer gatherings** - Commit to being present when the church gathers for prayer (like the first Wednesday of the month).
5. **Daily declaration** - Each morning this week, declare: "God is my Rock. He is higher than my problems. I trust Him to lead me."

Group Prayer Time (10-15 minutes)

Prayer Focus:

1. **Confession** - Acknowledge areas where we've been trying to handle things in our own strength
2. **Release** - Verbally release specific burdens to God (those comfortable sharing can speak them out)
3. **Intercession** - Pray for one another, laying hands on those who are overwhelmed
4. **Declaration** - Declare together that God is our Rock, our refuge, and our strong tower

Closing Prayer Model: "God, hear our cry. Our hearts are overwhelmed. Lead us to the Rock that is higher than we are. We release control. We turn loose of our burdens. We trust You as our Breaker to go before us. Be our refuge and our strength. In Jesus' name, Amen."

Before Next Week

- Follow up with someone you prayed for
- Journal about how God is leading you to the Rock
- Memorize Psalm 61:2 - "When my heart is overwhelmed, lead me to the rock that is higher than I"
- Be prepared to share testimonies of breakthrough next week