



# Can You See It?

## Week 3: Overwhelmed

### KEY SCRIPTURE

*Matthew 11:28-29 "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."*

### TAKEAWAYS

**SURRENDER YOUR BURDEN TO HIM**

**STAY CONNECTED TO GOD & OTHERS**

**DECLARE WHERE YOU ARE GOING, NOT WHERE YOU ARE**

### QUESTIONS

1. Pastor Eddie shared that Biblical rest does not depend on our external circumstances. Do you agree? And if so, how do you experience this rest?
2. Do you find it challenging to stay connected to both God and His church when you are overwhelmed? Why or why not?
3. Paul in Philippians 4:6 tells us to ***make our requests known to God***. Why do you think this is hard to do for most people?

### ACTION STEPS

*It's easy to talk about what's happening right now, but faith declares where you're going. This week, whenever you catch yourself complaining about your current circumstance, replace it with a scripture you can declare. Remember, you're not stuck in your situation. You're on a journey that God is leading you through.*