

Overwhelmed

Part of Can You See It?

March 1, 2026

TODAY: OVERWHELMED

FEAR TAKES OVER

ISOLATION

HOPELESSNESS

DISTORTION

2 Corinthians 1:9 Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

Matthew 11:28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.³⁰ For my yoke is easy to bear, and the burden I give you is light."

1. SURRENDER YOUR BURDEN TO HIM

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.⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

2. STAY CONNECTED WITH GOD AND OTHERS

James 3:3 We can make a large horse go wherever we want by means of a small bit in its mouth.

James 3:4 And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong.⁵ In the same way, the tongue is a small thing that makes grand speeches. But a

tiny spark can set a great forest on fire.

2 Corinthians 4:6 For God, who said, "Let there be light in the darkness," has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ.⁷ We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. ⁸ We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.⁹ We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

Psalm 42: 5 Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and

Proverbs 12:18 The words of the reckless pierce like swords, but the tongue of the wise brings healing.

3. DECLARE WHERE YOU ARE GOING, NOT WHERE YOU ARE

TEXT GIVING - Text CITYPOINT to 77977 TODAY'S SONGS:

Child of Love (We The Kingdom), Mighty Name Of Jesus (The Belonging Co), Who Else (Abbie Gamboa), Holy Forever (Chris Tomlin)