

OVERWHELMED yet OVERCOMING

A Study Guide to how Identity in Christ Overcomes Crisis

Let's face it, as humans we face life's dilemmas and we get overwhelmed. Being overwhelmed is a natural part of living. Being overwhelmed simply means *completely overcome by thought or feeling or buried beneath a weight*. Identifying with Christ does not eliminate those spaces when life feels overwhelming, but our identity gives us the ability to get help that alleviates the heaviness and to get from underneath what's overwhelming in life.

Lesson Objective: To understand how our identity with God through Jesus Christ gives us the privilege to have burdens lifted and life navigation plans given.

Lesson Aim: To grasp how our identity should lead to lessen anxiety through trust, emotional release, and hope.

Hopeful Faith in the All-Good God

We live with confident hope, trusting fully in God's goodness.

(Energetic hope + right God perspective)

Psalm 62:5 – 12

- When the noise of life is overwhelming, then our starting place is to get into a space to calm ourselves before the Lord.
 - Preface – introductory remarks (Psalm 61:1 – 4*)
 - A rock that's higher than I = taking to the place of strength, stability, and perspective that is greater than what you can provide for yourself.
 - Shelter
 - Strong Tower
 - Tabernacle
 - Wings
 - Remembering your relationship with the Lord allows you to release the initial trauma/shock and settle in a more comfortable position.
- Once you begin to move to a more comfortable position emotionally, then your soul (heart/mind) *can wait silently for God alone...* (v.5)
 - Wait silently – to be still; denoting to stop actively seeking a solution (like one is dead).
 - Expectation – hope
- Your relationship with God now takes shape. (v. 6)
 - *He only is my rock and my salvation*
 - The rock metaphor is repeated here to emphasize stability/strength.
 - Additionally, now included is the idea of rescue or “**Salvation**.”
 - Hence, *I shall not be moved* (shaken = agitated/irritated)

- Further, the Lord God becomes your *refuge* – shelter from rain/storm or danger. (vv. 7 – 8)
 - Luke 10:19; 21:17 – 18
 - Hebrews 13:5 – 6
 - The Father is literally telling us not to hold in the emotions, but to release them in front of Him, to Him and allow Him to cover you.
 - Misplaced Trust is presented in vv. 9 – 10
- Last, the final say in all matters belongs to the Lord (vv. 11 – 12)
 - He is the Final Authority (Jude 24 – 25)
 - Job 34:11
 - Prov. 11:18
 - Matt. 6:6, 18
 - 1 Cor. 3:8
 - Heb. 10:35 – 36
 - Rewards are to those who exercise confidence to the point of obedience to God Almighty through the Word.

So we should lessen our anxiety about what it is we see and continue in the hope (expectation) in God who *works all things together*. This does not mean that you aren't allowed your emotions. However our decisions are faith based and not emotional.