

# life groups

NLC Weekly Sermon Study

Week of February 19, 2017

Sermon: Faith to Overcome My Overwhelmed Feelings



NEW LIFE  
CHURCH

# Schedule

**30 MIN** Eat, Meet & Greet

**15 MIN** Ice Breaker Game: **52-CARD SHUFFLE**. Each person receives a card from a normal deck; include the jokers as wild cards. Have all group members stand in an open area, holding their cards. Instruct the group to move into a variety of configurations and introduce themselves to the new person or group of people. Give the group a short topic to discuss, such as favorite food, book, movie, etc. Ideas for configurations: Cards with the Same Number, Suits, Straight, Full House. (Note: When some people are left without a match, help them make a group of their own or join an existing group.)

## **OPENING PRAYER**

### **REVIEW OF KEY POINTS OF LAST WEEK'S SERMON, "OVERWHELMED."**

- The way we think is the root of our insecurities, not the circumstances we find ourselves in.
- It's not your feelings that shape your life, but what you believe to be true (regardless of whether or not it is true).
- Your thoughts control your life. Every action begins with a thought, but our thoughts can be reset by the Spirit of God.
- All temptation happens in your mind, the battleground for sin.
- Managing your thought life is the key to peace. Only you can control your thoughts. Satan can't, and God won't.
- How to renew your thoughts: Feed your mind truth by meditating on the Word every day. Take your thoughts captive. Find the will of God by being in the will of God.

### **45–60 MIN Faith to Overcome My Overwhelmed Feelings (Hebrews 11)**

- **PRAY:** Take a moment to invite the Holy Spirit into the moment, to bring wisdom, revelation, and changed hearts.
- Ask everyone to turn to **Hebrews 11**.
- It's easy to get overloaded, especially when you're barraged with emails, calls, texts, social media, work, and family obligations!
- There are many practical ways to help bring balance—like just taking a walk!
  - › But practical tips won't help, unless we first address the underlying heart issues. If we don't, then worry, fear, and an overwhelmed spirit will continue to resurface.

### **THE ROOT ISSUE OF AN OVERWHELMED LIFE IS OUR TENDENCY TO VALUE AND FOLLOW OUR FEELINGS OVER OUR FAITH.**

- In Hebrews 11, we see how the heroes of faith chose to follow their

faith over their feelings—to keep their eyes on the promise, not the problem!

› This is the first and most important step in our deliverance from an overwhelmed life.

- Let's take a look at what true faith can do!

**READ JEREMIAH 29:11 (REVELATION OF HEAVEN'S PLAN)**

- “Revelation” means a surprising and previously unknown fact, especially one that is made known in a dramatic way.

**Q1.** What kinds of plans have you made for yourself in the past that didn't work out the way you planned?

**Q2.** What kinds of plans do you think God is talking about in this verse? What does that look like for you?

- As clearly as you have faith that the God created this earth, you can have faith that He will reveal your path.

**HAVE SOMEONE READ HEBREWS 11:1-3**

- Faith can reveal truth to us, showing us things we can't see.

**HAVE SOMEONE READ HEBREWS 11:7**

- When a storm is coming, faith can reveal what you need to do!

**Q3.** What does the phrase “holy fear” mean in verse 7? What's the difference between worry and holy fear?

**HAVE SOMEONE READ HEBREWS 11:30**

- Many times we are overwhelmed by our effort, but God wants to give you the battle plan for your Jericho.
- You can worry and strive, or you can listen and wait for God's plan.

**Q4.** Have you faced a Jericho moment lately that you could share with the group how God brought the walls down for you?

**TRUST AND OBEY**

**HAVE SOMEONE READ HEBREWS 11:8**

- Abraham left what was known for the unknown that God had for Him. He was always focused on the promise he would receive, not the problems he would face!
- So often we are overwhelmed because we stopped following God.
- Fear and pride will stop forward progress, but a turn of faith will

bring you back under God's covering and blessing!

## THE MIRACULOUS

- We get overwhelmed when we continually look for earth's solutions to problems that only Heaven can solve.

**HAVE SOMEONE READ HEBREWS 11:11**

- Sarah knew she wasn't supposed to have kids in the natural and struggled big time to buy into God's promise. But God's promises are bigger than our doubts.
- We have to seek out a deeper faith, clinging to the hope of heaven, and tell Him "we believe, but help us with our unbelief."

**Q5.** Can you share a story of a time when you initially doubted God, like Sarah, yet He came through for you anyway, in spite of yourself?

## SACRIFICE

**HAVE SOMEONE READ HEBREWS 11:17-19**

- Sometimes we can get overwhelmed, because we're trying to protect what is God's to protect.
- If we give it all to Him, trusting all to His name—regardless of the outcome—fear and worry vanishes.
- There are people who have lost a lot—some even in this group—yet they have joy, because they live a life of faith and true sacrifice.
- Give it to God. He is the Father. He is the Creator. Only He can truly protect, and only He can give peace when we truly let go of what's holding us back!

**Q6.** Can you think of a time when you knew you needed to let go of something and let God take care of it or protect it, because it was just too big for you?

**Q7.** Is there anything God may be asking you to give to Him right now?

## COURAGE

**HAVE SOMEONE READ HEBREWS 11:27**

- Moses had no fear, because his eyes focused on that promise!
- Peter was also courageous when his faith kept his eyes on Jesus.
  - › But when he focused on those waves, soon he was sinking in fear, instead of walking in boldness.
- Often times we're overwhelmed because we're right at the edge of a move we know we need to make!

- The scariest part of skydiving is right before you let go.
  - › Your faith that you're gonna make it gives you the courage to take the leap.

## PROVISION

### HAVE SOMEONE READ HEBREWS 11:29

- We get overwhelmed when we are constantly trying to find the way, instead of resting in His way, but God can part the sea.
  - › He can take care of your bank account, your education, and your promotion.
  - › We strive and strive instead of waiting for God to provide!
  - › This doesn't mean we don't work hard, but it means we trust that the waters will part, and when they do, we hustle through!
- Faith gives us confidence in His miraculous provision. **Why?** Because you are His son and His daughter.
  - › You don't have to be the best employee/employer or the best spouse or parent. Instead, focus on being the best son or daughter you can be, then watch what He does!

**Q8.** Is there an area of your life that is challenging you right now to run ahead of God and not wait on His provision?

## GRACE

### HAVE SOMEONE READ HEBREWS 11:31

- In this story, we commonly think we're the spies—people who have earned the right to fight for God. No, we are the prostitute.
- We get overwhelmed, because we know we've sold away the grace and forgiveness so many times, and now we wear shame instead of grace!
  - › It's only through faith that we fully accept grace.
  - › You're a son or daughter not because of ANYTHING you've done. No, in spite of everything you and I have done, we are saved through what Jesus did...because of His love for you.
- When the enemy attacks and doubt comes at you, you'll hear, "Look how you've sold yourself; look how dirty you are."
  - › That's when we say, "I can't argue with that, but thankfully it's not what I have done, but my faith in what **HE HAS DONE** that washes me clean. So shut it Satan, and pipe down doubt!" Faith wins!

## PRAYER

- Take a few moments to thank God for the victories and faith stories that were shared in this time together.
- Ask God to show you where your faith needs to defeat your

feelings.

- Ask God to show you where the sound of the promise needs to drown out the noise of your problems.
- Take prayer requests, and take time to pray over any needs that have come up during discussion.

#### **ANNOUNCEMENTS**