

life groups

NLC Weekly Sermon Study

Week of February 26, 2017
Sermon: Overwhelmed by the Holy Spirit



NEW LIFE
CHURCH

Schedule

30 MIN Eat, Meet & Greet

15 MIN Ice Breaker Game: **Fun Questions!** Ask any (or all, if time permits) of the following questions. (Try and make sure that everyone has an opportunity to answer at least once).

- › If you could go anywhere in the world, where would you go?
- › If your house was burning down, what three objects would you save, and why?
- › If you could talk to any one person now living, who would it be and why?

OPENING PRAYER

REVIEW LAST WEEK’S SERMON, “FAITH TO OVERCOME MY OVERWHELMED FEELINGS” (HEBREWS 11).

- The first week of Overwhelmed was about our thoughts. The second was about feelings versus faith:
 - › The root issue of an overwhelmed life is our tendency to value and follow our feelings over our faith, but in Hebrews 11, the heroes of faith chose to follow their faith over their feelings—to keep their eyes on the promise, not the problem!
 - › Faith can reveal truth to us, showing us things we can’t see.
 - › God will give you plans for the storm, the blueprint for your ark. God will give you the strategy for your fight, the battle plan for your Jericho.
 - › Faith helps us trust and obey, and faith can bring the miraculous into your life.
 - › When we have faith, we can sacrifice, and it gives us courage and provision. When we have bold faith, we can have grace to rest and receive.

45–60 MIN Overwhelmed by the Holy Spirit

- Sometimes in life we feel overcooked, rushed to the next appointment, person, meeting, or event.
- There’s too much information, too much news, too many choices, too much access, too many options, too much data, social media, texts or emails, or too many events.
- Some overwhelmed by debt, thinking, “I can’t get out of this.” Others are overwhelmed with work: “I can’t take time off. It’s too much.”
- The Bible talks about being overwhelmed with worry, loneliness, and grief.

- The more overwhelmed you are, the more you try to control things around you. (Hoarding: “I can at least control my possessions.”)
PS 118:24 “This is the day the Lord has made; We will rejoice and be glad in it.”
- Regardless of what is overwhelming today, *we will rejoice and be glad in it!*
- The biggest mistake we can make when we’re overwhelmed is to focus on the problem, instead of on God.

FOUR BIBLICAL WORLD CHANGERS WHO WANTED TO QUIT WHEN OVERWHELMED

- Moses | **HAVE SOMEONE READ NUMBERS 11:14-15**
- Elijah | **HAVE SOMEONE READ 1 KINGS 19:3-4**
- Jonah | **HAVE SOMEONE READ JONAH 4:9**
- Paul | **HAVE SOMEONE READ 2 CORINTHIANS 1:8-9**

Q1. What reason did Paul give the Corinthians in the above Scripture for why the pressure was so great?

FOUR THINGS TO REMEMBER TODAY:

1. God is always there.

HAVE PEOPLE TAKE TURNS READING ACTS 17:24-28

2. You can’t do it alone – get closer to a believer

HAVE PEOPLE TAKE TURNS READING PSALM 139:7-10

- When you are overwhelmed, you will try to run away and hide.
- Depression is anger turned inwards, an unhealthy way to deal with feeling overwhelmed.

MATT 18:20 “For where two or three come together in my name, I am there with them.”

- Twice in the first two books of the Bible God said “it is not good”:
 - › ...through Jethro to Moses in Exodus, when there was too much happening, and Moses was trying to do the work **alone**.
 - › ...to Adam in Genesis. God had just created him in His image, then said, “it is not good for you to be alone.”

Q2. If God was all that Adam needed, then why did Creator God say it is not good to be alone?

- You can measure how strong your relationship is with God based on how you relate to others.

- You don't know how you are growing in God until it's displayed in relationship with others, like how you handle pride, anger, kindness, gentleness, self control.

JOHN 13:35 "By this all people will know that you are my disciples, if you have love for one another."

- In relationship with others is where you say "I am sorry," you forgive each other, you grow old together, you challenge each other, and you find people you can call anytime.

Q3. Have you felt overwhelmed by anything lately to the point you just wanted to run away or hide?

1 JOHN 4:20 "If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen."

- This is tough to hear, because this is tough to do.

3. You need the Holy Spirit to fill you

- Every believer has the Holy Spirit, but not every believer is filled with the Holy Spirit.

EPH 1:13 "It's in Christ that you, once you heard the truth and believed it. You were free—signed, sealed, and delivered by the Holy Spirit."

- The believers in the book of Acts were filled and continually filled.

ACTS 13:52 "And the disciples were continually filled with joy and with the Holy Spirit."

EPH 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

- Paul and Silas were beaten and captured in prison. Their life was on the line, but they still sang songs all night long about Jesus. That is the power of the Holy Spirit.

- There are two remarkable weapons of Self-Destruction: **HOPELESSNESS** and **A BITTER HEART**.

- **Hopelessness**

- › Any area of your life that becomes hopeless starts to die. You begin giving up AND a big desire to QUIT moves in.
- › When you are hopeless, you fixate on the consequences.
- › One hopeless thought—if you give it room to grow—can derail you, whether it's about marriage, money, health, or whatever.

Q4. Have you ever felt hopeless about a relationship, money, or health? Explain.

ROMANS 15:13 “I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”

- › This makes Hope a vital part of your faith’s recipe! Why? Because **every time the Holy Spirit shows up, He brings hope with Him.**
- › It’s hope that gives you the energy to move forward, to risk, to try again, and to show up.
- › Hope makes you dream, inspires vision, and generates creativity.

- **Bitterness**

- › Some people are bitter at others; others are bitter at God.
- › Bitter people see life thru a bitter lense, they’re faultfinders, whether at home, work, church, or with others. Everyone’s weakness glares at them and shouts.
- › Bitterness is a self-destructive emotion. You always hurt you the most.

Q5. Do you find yourself slow to celebrate others’ wins, whether at home, work, or church? Even a little bit? If so, why do you think that is?

READ PS 51:10-12 “Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

HAVE SOMEONE READ HEBREWS 12:14-16 “Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled...”

- The word “defiles” means to stain. **Bitterness paints you into something you were not created to be**, distorting the image of God you were created in.
 - › In the Book of Ruth, Naomi had lost so much, she said, “Don’t call me ‘Naomi,’ (which means pleasant); call me ‘Mariah,’ (which means bitter), because God has dealt bitterly with me.”
 - › When Jesus was on the cross, they offered him sour wine and gall. Psalms called it a bitter drink. What did Jesus do? He tasted it but didn’t drink it.
 - › Jesus’s last temptation was bitterness, but He forgave instead: “Father forgive them. They know not what they do.”
 - › Everyone will taste bitterness, but you don’t have to drink it.
- **How do you not drink in bitterness? By being quick to forgive others who are trying hurt you.**
 - › Forgiveness means releasing others: ex-spouse, past situations,

- friends, and yourself!
- › It's common for us to beat ourselves up over past mistakes. When you do this, you are believing the lie that Jesus' work on the Cross wasn't enough to cover your mistakes.
 - › Sometimes we don't forgive out of fear that we'll get hurt again, but keeping someone "under your thumb" only hurts you, not the other person.

Q6. Can you think of a time when you were bitter over a situation—maybe wondering why God allowed it to happen or at least didn't stop it? What helped you overcome that memory, or does it still have a little sting to it?

- Sometimes we even need to release God, to not hold Him responsible for things that happen. When you release, you will see God pull that root right out of your life.
- Instead, choose to thank Him in every situation.

PHIL 4:6-7 "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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."

PRAYER

- Take prayer requests, and take time to pray over any needs that have come up during discussion, especially around hopelessness or bitterness.
- Encourage any who are challenged with hopelessness to take time this week to get with a friend and pray, with thankfulness, for Holy Spirit to show up and fill them with his presence, peace and joy.
- Encourage any who have acknowledged bitterness to take time this week to get with a friend and pray through choosing forgiveness and releasing anyone that comes to mind, whether it's others from the past or present, themselves, or even bitterness towards God for some reason.

ANNOUNCEMENTS

Check NLC worship guide for local announcements.