

Overwhelmed No More

Psalm 61

May 9-10, 2020

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Unstoppable Hope

Think About It!

What did we learn?

Talk About It!

What does it mean?

Do It!

What are we going to do?

Think About It!

From the political tension we feel in our country, to the daily stresses of life at home with our families, or the internal struggles we face individually, there's any number of things we can feel overwhelmed by, every single day. And the more overwhelmed we get, the more we run after the things or people that bring us a sense of comfort...even if those comforts are ultimately bad for us. The beautiful thing about following Jesus is he not only offers us comfort when we feel overwhelmed, he enters into what we're experiencing and endures it with us. This weekend, join us as we let the music of the Psalms bring us an encouragement no earthly circumstances can take away.

[LINK to SMALL GROUP VIDEO MATERIALS](#)

Talk About It!

1. Be led higher

- **Parent Notes**

- **Read Psalm 61 out loud with your kids and talk about what it means. Is it normal to be stressed out and anxious?** A lot of people spend their whole life being stressed out, but that's not how Jesus wants us to live. He wants to lead us to a place where peace is our new normal.
- **Do you have a favorite hiding place?** David, the man who wrote this Psalm, calls God his "shelter," and his "refuge." Both of these words mean a safe place to hide. God wants to be our safe place to hide. When we are scared, we can run to spend time with Jesus and know that we are safe.
- **Have you talked to Jesus about the things that scare you? What are some things that bother you that you can talk about with Jesus today?** Because he loves us, Jesus wants to hear all about the things that are on our mind. He wants to hear about the things that stress us out because when we give them to him, we don't have to carry them anymore.

2. Shelter in the right place

- **Parent Notes**

- **When you're afraid, what do you do?** When we're afraid, sometimes we do silly things. We hide from people who are trying to help us or we get mad at people who love us. Doing these things might make us feel better for a little bit, but then we just feel worse than we did before.
- **Have you ever gone to Jesus instead?** When we're afraid, instead of hiding or getting mad, we can talk to Jesus. Deep down, that's what we really want. We want to spend time with Jesus, and he wants to spend time with us.

- **How can you remember to go to Jesus when you're afraid?** When we're scared, it's easy to forget important things. Sometimes we need to remind ourselves or tell ourselves to talk to Jesus so he can comfort us when we're scared.

3. Focus is key

- **Parent Notes**

- **Do you believe that God is powerful?** If we believe in how big our God is, it will help us to realize how small our problems are. We can remind ourselves how big God is every single day. When we do that, trusting God becomes a habit.
- **Do you know what a habit is?** It's something we do all time and practice over and over. There are good habits and bad habits. If we practice a habit for long enough, we do it without even thinking about it. The way that we remember to run to Jesus is by practicing.
- **How can you make spending time with God a habit?** When we love someone, we spend time with them every single day. If we want to remember to go to Jesus when we're scared, we need to make it a habit and spend time with him every single day.

4. Praise and practice

- **Parent Notes**

- **What does it mean to praise God?** When we talk or sing about God, we remind ourselves and everyone around us how great he is. We need to praise him when we are happy and also when we're sad. We can't forget that when we're afraid, one of the best things we can do is praise God.
- **What are some things you are thankful for right now?** Things that are scary or hard don't last forever. Eventually, they will be over. But our praise and our thankfulness last forever. Even when this world is over and we are in Heaven, we will still praise Jesus.
- **What are some hard things that make it hard to praise God? How can you keep praising God anyway?** Sometimes when we're upset, we feel like we can't praise God, but that's not true. We don't have to wait for things to get better. We can praise God even when things are hard, even when we have a bad day, and even when we're scared. He is always ready to spend time with us!

Optional Follow-up Questions:

- What makes you say that?
- How does that make you feel?
- How would you explain this to someone who doesn't know Jesus?
- Why do you think God did it that way?
- Why should we do the things that God tells us?