A Better Place

(When You Feel Overwhelmed)

Overwhelmed: Feeling Overcome, Buried Or Crushed

- Responses to being overwhelmed
    1. Paralysis - don't even know where to start
    2. Escape - to get away from that feeling
- Learning from David, who experienced being overwhelmed
    1. Know David as a biblical superhero - warrior, poet, king
    2. The Psalms give us a backstage pass into his life
    3. His answer for being overwhelmed ***(Psalm 61:1-2 NKJV)***

When David was Overwhelmed *(1 Samuel 21:10-22:2 NLT)*

- David was escaping from Saul
    1. Runs to the wrong place - Achish was the enemy
- David is forced to escape again
    1. The Philistines knew who he was
    2. David had to act insane to escape
- David winds up in a cave
    1. Another low place - nothing cheerful about a cave
    2. David prays and things start to turn

There Is A Better Place When You Are Overwhelmed

- Praying through the pressure ***(Psalm 142:1-3 NLT)***
    1. David pours out his heart to God
    2. He is not blaming God
    3. We can pour out our heart to God
- Recognize when overwhelmed perspectives can be distorted ***(Psalm 142:4 NLT)***
    1. David felt isolated
    2. Acknowledge the need for different input - different thoughts ***(Psalm 119:130 NKJV)***
- Go to God who is your better place ***(Psalm 142: 5-7 NLT)***
    1. David pivots toward God as his answer
    2. David was not in denial - believed God would help him
    3. Acknowledge God as bigger and better in your life