

January 2024 Bible Study

Overwhelmed

At the beginning of each new year, we decide to make resolutions or set personal goals. Often these goals go unmet or unachieved because they are overwhelming. What are some resolutions or new year goals you have set for yourself in the past that quickly went by the wayside?

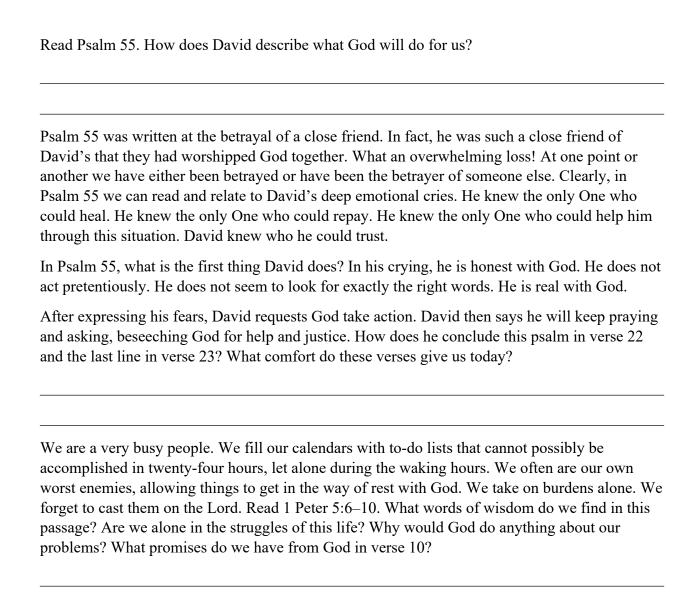
Being overwhelmed is not a new phenomenon of the technological age. It has been going on for generations. Look at Genesis 4:1–15. Why does Cain become overwhelmed, and what does God say in response to him?

Read Genesis 12:10–20. What overwhelmed or worried Abram when he entered Egypt during a famine? How did God once again intercede for His people?

When the Israelites are fleeing the Egyptians in Exodus 14, a great fear takes over the people. Read Exodus 14:10–29. What are they afraid of? How does God handle the seemingly impossible situation?

Throughout the Old Testament, there are many times the Israelites have significant fear. We can relate to many of their fears and struggles — when they are being disciplined for following false gods, when entering a new place, and when their enemies are pursuing them. While our fears may not look quite like having a sea on one side and armed warriors chasing us, we can think of times when people have been after us to destroy our careers, family, or reputations. God still shows up. He still provides a way out for us. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it (1 Corinthians 10:13).

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Regardless of whether we create our own overwhelming experiences or it is the result of someone else or something else, we know where we can turn for peace. We know where joy can be restored. We know who will avenge. Jesus says, "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world" (John 16:33).

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Overwhelmed
Written by Kayla Winkler
Published by Lutheran Women's Missionary League Texas District
Christian Life Committee, 2024

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