

# LWML Texas District

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?

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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?

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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?

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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).

Read Psalm 55. How does David describe what God will do for us?

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Psalm 55 was written at the betrayal of a close friend. In fact, he was such a close friend of David's that they had worshipped God together. What an overwhelming loss! At one point or another we have either been betrayed or have been the betrayer of someone else. Clearly, in Psalm 55 we can read and relate to David's deep emotional cries. He knew the only One who could heal. He knew the only One who could repay. He knew the only One who could help him through this situation. David knew who he could trust.

In Psalm 55, what is the first thing David does? In his crying, he is honest with God. He does not act pretentiously. He does not seem to look for exactly the right words. He is real with God.

After expressing his fears, David requests God take action. David then says he will keep praying and asking, beseeching God for help and justice. How does he conclude this psalm in verse 22 and the last line in verse 23? What comfort do these verses give us today?

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We are a very busy people. We fill our calendars with to-do lists that cannot possibly be accomplished in twenty-four hours, let alone during the waking hours. We often are our own worst enemies, allowing things to get in the way of rest with God. We take on burdens alone. We forget to cast them on the Lord. Read 1 Peter 5:6–10. What words of wisdom do we find in this passage? Are we alone in the struggles of this life? Why would God do anything about our problems? What promises do we have from God in verse 10?

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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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