

RUNNING ON EMPTY: WHEN YOU'RE OVERWHELMED

*"I am **troubled**; O Lord, come to my aid!" Isaiah 38:14 (NIV)*

*"In the sixth month, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, 'Greetings, you who are highly favored! The Lord is with you.' Mary was **greatly troubled** at his words and wondered what kind of greeting this might be. But the angel said to her, 'Do not be **afraid**, Mary, you have found favor with God.'" Luke 1:26-30*

WHAT... do I do when I'm overwhelmed? 3 THINGS:

1. LET GO OF THE NEED TO CONTROL

*"How will this be,' Mary asked the angel, 'since I am a virgin?'... **For nothing is impossible with God.**" Luke 1:34, 37*

*"I am the Lord's servant,' Mary answered. '**May it be to me as you have said.**' Then the angel left her." Luke 1:38*

*"**Trust** in the LORD with all your heart and lean not on your own understanding..." Proverbs 3:5*

"The LORD will fulfill [his purpose] for me; your love, O LORD, endures forever-- do not abandon the works of your hands." Psalm 138:8

2. LET OTHERS HELP OUT

*"I am the Lord's servant,' Mary answered. 'May it be to me as you have said.' Then the angel left her. At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted **Elizabeth.**" Luke 1:38-40*

*"**Two are better than one**, because they have a good return for their work: If one falls down, **his friend** can help him up. But pity the man who falls and has no one to help him up!" Ecclesiastes 4:9-10*

*"**Carry each other's burdens**, and in this way you will fulfill the law of Christ." Galatians 6:2*

3. LEAN INTO GOD'S STRENGTH

*"Blessed is she who has **believed** that what **the Lord has said** to here will be accomplished!" Luke 1:45*

"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze." Isaiah 43:2

2 PLACES... WHERE YOU FIND GOD'S STRENGTH WHEN YOU'RE OVERWHELMED?

- **PRAISING GOD FOR HIS GOODNESS**

*[Mary's Song] "And Mary said: 'My soul **glorifies** the Lord and my spirit **rejoices** in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me-- holy is his name. His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, even as he said to our fathers.'" Luke 1:46-55*

- **VALUING GOD'S WORD**

*"But Mary **treasured** up all these things and **pondered** them in her heart." Luke 2:19*