

King David's Biblical Steps to Conquer Overwhelming Worry

Are you overwhelmed today? I believe that one of the ways that the deceiver attacks the people of God is by causing them to feel overwhelmed by life, by people, by circumstances and by frustrations.

Often when we are overwhelmed by the busyness and events that barrage us, it is simply because we have allowed ourselves to be overwhelmed by God. When the Lord is our overwhelming priority in life, everything else that threatens to disarm us is forced to bow in His presence.

David, the giant-slayer, songwriter and leader of the people of God, often dealt with the challenge of being overwhelmed by all of the wrong things. His words echo through the centuries and speak to the issues that overpower our connection to the Father.

When my spirit was overwhelmed within me, then You knew my path. ... I cried unto You, O Lord; I said, 'You are my refuge and my portion in the land of the living.' Attend to my cry, for I am brought very low; deliver me from my persecutors, for they are stronger than me. Bring my soul out of prison, that I may praise Your name; the righteous shall surround me, for You shall deal bountifully with me" (Ps. 142:3a, 5-7).

When David was overwhelmed by the life he was living, he cried out to the Lord. He determined that in his weakened emotional state the Lord was the only one who could help him. Have you cried out to the Lord?

Secondly, David acknowledged the fact that he was dealing with persecutors who were too strong for him. David knew that he was in over his head, and his only help would come from the

Lord. Have you come to that same realization?

Then David confessed the sincere desire of his heart, which was to give thanks to the Lord even in the midst of his self-inflicted prison. David knew what you and I often ignore: When we are underwhelmed in our estimation of who God truly is, it causes us to be encased in the worst type of prison. Have you worshipped the Lord lately?

We are a people who worship Him in the most terrifying moments of life. We are a people who praise Him when our hearts are hammering due to the relentless demands of an overloaded schedule. We are a people who have decided He is worthy of our praise every day of every season in life.

David then declared, “For You shall deal bountifully with me” (Ps. 142:7b). David knew the Lord was able to bless Him beyond understanding. He decided not to be overwhelmed with life but to be overwhelmed by the goodness of God. I have made the same decision—have you? {eoa}

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