

Spiritual Tools to Battle Overwhelming Attack

This morning, I was reflecting on Psalm 46:10:

*“Be still and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth!”*

Be still and know that He is God—which means, I am not God. I don’t know about you, but reflecting on this makes me feel relieved.

I ran to this Scripture because I was thinking about the things I want to do today. Like an unwanted houseguest in my brain, a feeling of “overwhelm” tried to come upon me.

But I rejected it. I hate that feeling.

For years, my brain would default to going down that pathway. Then depression and hopelessness would follow. I know it is also a manifestation of my past addiction to dopamine highs, which feelings of helplessness evoke.

After all, dopamine is an emotional painkiller. I call it “dope” for short. Because I am actively working to change my brain to avoid defaulting to overwhelm, I got up from my chair and put on some praise music.

Shifting my focus to praise starting calming down the emotional threat before anxiety hijacked my nervous system.

As I meditated on Psalm 46:10, I imagined myself under the shelter of God’s wings.

Overwhelm happens when we put the spotlight on ourselves and our limited resources.

It's like the Israelites when God called them to go into the promised land. Because they saw themselves as grasshoppers compared to their enemies, they refused to go in (see Num. 13).

They forgot they had God on their side.

When we shift the focus on to God and remind ourselves of our dependence on Him for wisdom and strength to face daily challenges, courage returns and overwhelm fades.

From that place of peace, we can take a deep breath. Then we can look to God and say, "OK, Daddy, show me my next step."

While you can't do everything, you can *do one thing*—no matter how small.

That one thing can make all the difference! {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify to God's healing power to end binge-eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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