

When It's All Too Much

August 8 & 9, 2026

STORIES
of
STRUGGLE

Email your story to mystory@gracechurchco.com

2 Chronicles 20:3 (NLT)

Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting.

Three Facts About Being Overwhelmed:

- Sometimes even _____ people feel overwhelmed.
- Sometimes even _____ people feel afraid.
- Sometimes even _____ people feel anxious.

2 Chronicles 20:12 (NLT)

"O our God, won't you stop them? We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to you for help."

When it All Feels Too Much God Calls Me To:

1 _____ that the situation feels bigger than me.

2 Chronicles 20:1-3 (NLT)

After this, the armies of the Moabites, Ammonites, and some of the Meunites declared war on Jehoshaphat. Messengers came and told Jehoshaphat, "A vast army from Edom is marching against you from beyond the Dead Sea. They are already at Hazazon-tamar." (This was another name for En-gedi.) Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting.

Remember:

Anxiety grows when I _____ I can handle everything on my own.

Three Admissions of Jehosophat that I Need to Make:

- "This is too _____."
- "I'm _____."
- "I need _____."

_____ says, “I should be able to handle this.”

_____ says, “I need God.”

Psalms 61:2 (NLT)

From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety.

Numbers 11:14 (NLT)

I can't carry all these people by myself! The load is far too heavy!

2 _____ my attention back to God before anxiety takes over.

2 Chronicles 20:12, 17 (NLT)

“O our God, won't you stop them? We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to you for help.” ... “But you will not even need to fight. Take your positions; then stand still and watch the Lord's victory. He is with you, O people of Judah and Jerusalem. Do not be afraid or discouraged. Go out against them tomorrow, for the Lord is with you!”

Remember:

Whatever I _____ on will eventually shape my peace.

Anxiety shrinks my perspective because the bigger my problem becomes; the smaller God begins to _____.

Isaiah 26:3 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Psalms 121:1-2 (NLT)

I look up to the mountains—does my help come from there?
My help comes from the LORD, who made heaven and earth!

Remember:

Peace begins when _____ changes.

3 _____ my mind with praise instead of panic.

2 Chronicles 20:21 (NLT)

After consulting the people, the king appointed singers to walk ahead of the army, singing to the LORD and praising him for his holy splendor. This is what they sang: “Give thanks to the LORD; his faithful love endures forever!”

Remember:

Worship helps _____ my heart before fear takes over.

Anxiety (worry) says:

- _____.
- _____ everything and everyone.
- _____ the worst.

Worship says:

- God is always _____.
- God is always _____.
- God is always _____ of praise.

Habakkuk 3:17-18 (NLT)

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the LORD! I will be joyful in the God of my salvation!

Isaiah 25:1 (NIV)

LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.

Remember:

My mind cannot be filled with panic while my soul is consistently filled with _____.

4

_____ all the pressure to control everything.

2 Chronicles 20:15 (NLT)

He said, "Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the LORD says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's."

Remember:

Anxiety increases when I try to _____ responsibilities God never asked me to carry.

Exodus 14:14 (NLT)

"The LORD himself will fight for you. Just stay calm."

1 Peter 5:7 (NLT)

Give all your worries and cares to God, for he cares about you.

Remember:

Control feels powerful, but surrender is where _____ begins.

5

_____ that God is working beyond what I can see.

2 Chronicles 20:22 (NLT)

At the very moment they began to sing and give praise, the LORD caused the armies of Ammon, Moab, and Mount Seir to start fighting among themselves.

Remember:

The worst _____ a Christian can make when we can't see God working is to assume that nothing is happening.

Three Lessons from Jehoshaphat:

I have to...

- _____ up.
- _____ by faith.
- Keep moving _____.

John 13:7 (NLT)

Jesus replied, "You don't understand now what I am doing, but someday you will."

Hebrews 11:1 (NLT)

Faith shows the reality of what we hope for; it is the evidence of things we cannot see.

Remember:

God is _____ things behind the scenes while I'm panicking in the foreground.

John 10:28-30 (NLT)

"I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand. The Father and I are one."

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- "I'm o v e r w h e l m e d."
- "I need h e l p."

P r i d e says, “I should be able to handle this.”

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Anxiety (worry) says:

- **P a n i c** .
- **C o n t r o l** everything and everyone.
- **F e a r** the worst.

Worship says:

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- God is always **p r e s e n t** .
- God is always **w o r t h y** of praise.

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