

## When Life Gets Too Heavy

*"When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don't ask questions: Wait for hope to appear. Don't run from trouble. Take it full-face. The "worst" is never the worst."* **Lamentations 3:28-29 (MSG)**

### I. Introduction

### II. How to Deal with Life's Overwhelming Times, Seasons and Circumstances

**1. I forgive so I don't have to carry the \_\_\_\_\_.** *"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*  
**Ephesians 4:32**

#### Key thoughts:

- ✓ When life gets heavy, it becomes easy for me to get \_\_\_\_\_
- ✓ Anger is a very \_\_\_\_\_ to carry around
- ✓ Forgiveness is not a \_\_\_\_\_, so never allow \_\_\_\_\_ to lead \_\_\_\_\_
- ✓ Anxiety can prevail when we allow other people's \_\_\_\_\_ to become our \_\_\_\_\_
- ✓ True forgiveness is declaring, "I will not allow your actions to \_\_\_\_\_ me!"
- ✓ Forgiving others doesn't \_\_\_\_\_ them, but it's meant to \_\_\_\_\_ us

**2. I put important things first so I don't have to carry the \_\_\_\_\_.**  
*"Martha, you're fussing far too much and getting yourself worked up over nothing."*  
**Luke 10:41-42 (MSG)**

*"Whoever pursues righteousness and kindness will find life, righteousness, and honor."*  
**Proverbs 21:21**

*"The end of a matter is better than its beginning, and patience is better than pride."* **Ecclesiastes 7:8**

*"Set your minds on things that are above, not on things that are on earth."* **Colossians 3:2**

*"(Jesus said), Oh Martha, you are so anxious and concerned about a million details, but really, only one thing matters."* **Luke 10:41-42 (The Voice)**

#### Key thoughts:

- ✓ Never allow the devil or your own anxious mind to deceptively drive you to live a \_\_\_\_\_ life---it will wear you out!
- ✓ None of us can be good at a \_\_\_\_\_ things, but we can be good at one or two
- ✓ Being \_\_\_\_\_ must never become the most important thing in life, but rather, what must become critical is making certain that the most \_\_\_\_\_ things don't get lost in the shuffle

3. I pray so I don't carry things I don't \_\_\_\_\_ to carry.

*"Be anxious for nothing, but **in everything by prayer and supplication, with thanksgiving,** let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6-7 (NKJV)*

*"Don't be anxious about things; instead, pray. Pray about everything. **He longs to hear your requests, so talk to God about your needs and be thankful for what has come.** And know that the peace of God (a peace that is beyond any and all of our human understanding) will stand watch over your hearts and minds in Christ Jesus, the Anointed One." Philippians 4:6-7 (The Voice)*

**Key thoughts:**

- ✓ In life, there are some things that need to be in \_\_\_\_\_, and others only in \_\_\_\_\_
- ✓ Prayer is the art of \_\_\_\_\_ from our hands and \_\_\_\_\_ into God's hands
- ✓ Even small things can quickly become heavy for us if they are not really \_\_\_\_\_
- ✓ Prayer affirms in our hearts that there \_\_\_\_\_, and that we're \_\_\_\_\_!

4. I \_\_\_\_\_ on the Holy Spirit so I don't have to carry things all by \_\_\_\_\_. *"If you love Me, keep My commandments. And **I will pray the Father, and He will give you another Helper, that He may abide with you forever--the Spirit of truth, whom the world cannot receive,** because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you." John 14:15-18 (NKJV)*

*"...when He, the Spirit of truth, has come, **He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will show you things to come.** He will glorify Me, for He will take of what is Mine and declare it to you. All things that the Father has are Mine. Therefore I said that He will take of Mine and declare it to you." John 16:13-15*

*"So the angel said to me, "This is the word of the LORD to Zerubbabel: '**Not by might nor by power, but by my Spirit,**' says the LORD Almighty." Zechariah 4:6*

**Key thoughts:**

- ✓ The Holy Spirit's presence in our lives is what \_\_\_\_\_
- ✓ The Holy Spirit gives us the \_\_\_\_\_ to say no to sin and temptation
- ✓ The Holy Spirit gives us the ability to \_\_\_\_\_ great things
- ✓ The Holy Spirit is the One who empowers us to be better \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_
- ✓ The Holy Spirit fills our hearts with love for \_\_\_\_\_ and \_\_\_\_\_
- ✓ In this life, the Holy Spirit \_\_\_\_\_ that we were never meant to!
- ✓ Because life is heavy, we must not allow last year's baggage to \_\_\_\_\_ in 2022!

## Answer Key:

### II. How to Deal with Life's Overwhelming Times, Seasons and Circumstances

1. I forgive so I don't have to carry the weight of my past

- o Angry at others
- o Heavy emotion
- o Feeling----it---you
- o Actions---act
- o Define
- o Change----help

2. I put important things first so I don't have to carry the unnecessary

- o Wrongly-prioritized
- o Million
- o Busy----important

3. I pray so I don't carry things I don't have to carry.

- o Our hands----God's hands
- o Taking things---releasing them
- o Ours to hold
- o Is a God----not Him

4. I depend on the Holy Spirit so I don't have to carry things all by myself.

- o Changes us
- o Power and ability
- o Achieve and accomplish
- o Spouses, parents, friends and people
- o Jesus---God's will
- o handles things
- o Own us