



August 18, 2024  
HOW TO OVERCOME AN OVERWHELMED SOUL  
Discussion Guide

### SERMON SUMMARY

Life can be hard with multiple things coming at us. It can feel overwhelming, but it doesn't have to last. There is hope in Jesus. Pastor Daniel shows us how to overcome an overwhelmed soul by examining an overwhelm experience that David had in the Bible. Rather than isolating, we need to put on a new (out)fit, pray for clarity, and have a crew that encourages us. This is how we put overwhelm behind us.

### SCRIPTURES USED IN THE MESSAGE

- 1 Samuel 30:1-9, 18
- 1 Thessalonians 5:18

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What's the difference between pain or hurt and being overwhelmed?
- How have you dealt with life when you're overwhelmed by it all?

### Put On a New Fit

- What do outfits symbolize in scripture? What did changing clothes mean for God-fearing people in the Bible?
- How does bitterness, envy, entitlement, or "why me" rob us of our joy and peace?
- What is worship? What are some reasons it is important to practice worship regularly?
- What are some ways we can worship? What are some things we can express in worship?

### Pray for Clarity

- Describe a time when you made a life decision without seeking God for clarity? How did it turn out?
- How do you know when you are hearing from God?

#### Have a Crew

- Why is it dangerous to isolate when you're overwhelmed?
- Why is it important for your crew to encourage you in your faith and tarry with you?
- Why did you decide to join a small group? What are your expectations of small groups?

#### APPLICATION IDEAS

- What are some ways worship can be an important part of small groups? How will we change to ensure worship is a part of our gatherings?
- What are your expectations of small groups? What expectations does the small group have for its participants?

#### GO DEEPER

Additional ideas for a deeper study of the sermon topic.

- Find as many different ways to worship God that can which are discussed and/or practiced in the Bible. Find a way to incorporate one into your life that you are not usually practicing.

#### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray that God will use the small group to be a crew for each person and use this crew to encourage an emphasis on worship and prayer as overwhelm takes place.

#### LEADER TIPS

- Encourage note-taking during the discussion. Real learning only takes place if what is revealed is remembered and applied. Taking notes helps with understanding and remembering the discussion.