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Are You Overwhelmed?

Tags: [Biblical truth](#) [worry](#)

Do you feel overwhelmed at times? This isn't an uncommon feeling for Christians. The evil one doesn't want us to shine for Jesus so he works hard to pull us down any way he can. I praise God for giving us a sword to fight off those wrong thoughts that come our way. The verse I use the most is Philippians 4:13 "I can do all things through Christ who strengthens me." That scripture has seen me through many challenging moments in my life.

Another verse that gives us ammunition against the forces of evil is James 1:5 "But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him". We need to constantly remind ourselves that God promises to give us the wisdom to do all He has set before us. The following verses in James 1 are equally important! They explain the huge problem with doubting. Sadly I have to admit that there have been too many times in my life that I doubted God's promise. It is so easy for me to allow worry to creep into my mind and cause me to think very wrong thoughts. I praise God that He is so forgiving! When I come to Him with a repentant heart, He graciously forgives me and pours into me the wisdom I so desperately need to be His light and channel.

What is it that makes us feel overwhelmed and worry? As home educators our lives tend to get so busy that we have a hard time trying to decide what we should do first. Elizabeth Elliot suggests that we simply say to ourselves, "Just do the next thing". This works well for me. When I think of all that I need to get done, I often spend too much time worrying how I will ever do it all! I have the greatest success accomplishing things when I allow a Bible verse to give me the encouragement I need and then say, "Julie, just do the next thing." I'm very grateful for the advice I received from Mrs. Elliot.

It is important to read our Bibles each day and recite Bible verses several times a day. I've found that placing Bible verses all around my home keeps me focused on God. From time to time throughout my past twenty years of homeschooling I have made it part of our daily schedule to listen to my children quote their weekly memory verses. I wish I would have been faithful to do this every day of every school year because I know how important it is to hide God's Word in our hearts. Those verses give us the wisdom to shine brightly for Him, and they rescue us when we fall prey to sin.

Share with your children how God is working in your life. It not only points them to Jesus, but is an example for their future. My adult children often call me to share great things that God's doing in their lives and ask me to pray for them when they are struggling. What a blessing it has been to me to see that they are giving God the glory when they have success and going to Him when they are struggling!

What a blessing it is to have Bibles in our home! Let's read them and use God's Word as our swords.

~Julie Walter
MÂCHÉ Board Member

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