

### **STRAIGHT TALK – PART 2: OVERWHELMED** **SUNDAY, MARCH 24, 2020**

*Life can overwhelm us – or at the very least give it's best shot at doing so. It's easy to feel defeated when we feel overwhelmed. Whether it's busyness, finances, marriage problems, kids, illness, or any another struggle, it's possible to navigate the tension and stresses of life. The place to start is some straight talk about perspective and putting God at the top of our priority list.*

#### **READ MARK 14:12-42**

- What circumstances had Jesus experienced that might have led to feeling overwhelmed?
- How important do you think it is to be surrounded by a strong support system? Who do you have in your life that serves as a support system?
- How important do you think it is to have a smaller group of people to serve as closer confidants? Who do you have in your life that you can lean into at this type of level?
- How important do you think it is to get away and alone to figure out and navigate certain types of circumstances? Do you have a way and a place to get away?
- In what ways can you relate to Jesus feeling “overwhelmed to the point of death”?
- How important would you say it is to lean into God during circumstances that make you feel overwhelmed?
- In what ways do you find it challenging to be honest about how you feel with others? In what ways do you find it challenging to be honest about how you feel with God?
- In what ways do you find it easy to be honest about how you feel with others? In what ways do you find it easy to be honest about how you feel with God?
- How do you respond when circumstances you ask God to change don't change (or even get worse)?
- Do you believe God is God and always at work for you no matter the circumstances? Why or why not?
- What next step will you take to do the next wise thing?