

Sunday AM Sermon – August 16, 2026

# Overwhelmed and OK

Psalm 124

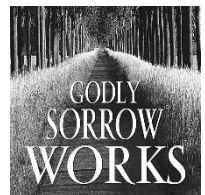


Life can seem overwhelming at times. Too much responsibility. Too many critics. Even too many good things to attend. Historically, Jews have faced overwhelming circumstances, but whenever God was with them, it was ok. That's what Psalm 124 is about.



1. Mark the number of times you hear these words:  
Overwhelmed –  
God –  
Psalmist –

2. How did Joshua deal with his perceived threat?
3. What are some ways people might feel overwhelmed?
4. Lesson one: Fully \_\_\_\_\_ on God (1-5)
5. Why do some people avoid dependence on others?
6. Who is the enemy?
7. What does a mature dependence on God look like?
8. Lesson two: Fully \_\_\_\_\_ the Lord who \_\_\_\_\_ (6-8)
9. What are some snares and how can they affect us?
10. Who is our Helper?
11. What is the key to true joy?
12. What lie of Satan goes all the way back to the Garden?
13. What will happen when we start paying close attention to what God is doing in our lives?
14. What does God want from us when we sin?
15. What should we do when we are assembled as disciples of Christ?



## Faith Talk, Faith Walk

*Spend time with family or friends (maybe over a meal or during a family devotional) discussing the following related to the sermon*

**Faith Talk:** When was a time you felt overwhelmed? What did you do? What would you do differently?

**Faith Walk:** Learn to call on the Lord, and then give thanks for how He answers.

*If you are here and have been touched or convicted by something said or done today we would love to study the Bible with you and introduce you more fully to our Savior, Jesus Christ. Just call the church office at 795-4377 and we will set something up. God bless you!*

Next Sunday AM Sermon – Choosing Sides (Psalm 141)