



FRAZZLED

Week 4: Overwhelmed Jehovah Shalom – The Lord is Peace

To view the video for
this lesson, go to <http://ariseministries.net/frazzled>

Does it feel like you're constantly faced with an onslaught of never-ending responsibilities? Are you continually unsettled about something? Pam Kanaly offers three tips in how to rest on the inside while your outside world remains chaotic and pressure filled.

1. Describe a time when you were so overwhelmed you either cried out, "Lord, peace peace! I've gotta' have it!" or "Lord why is this happening to me?"

2. Circle your enemies of peace.

Worry over a child

Lack of self-worth

Busyness

*Fear of what might
happen*

Self-disgust

Apathy

*Afraid you will be single
forever*

Inadequacy

Sadness and loss

Shame over past

Comparison/Jealousy

Exhaustion

*Guilt over a sin in the
present*

*Fretfulness about
money*

Hopelessness

Bitterness

Other: _____



3. What do these scriptures say about finding God's rest in your soul?

- **John 14:27**
- **Philippians 4:7**
- **James 4:8**
- **Psalm 85:8**

Rewrite your favorite in your own words.

4. Today's lesson shared three tips for going from frazzled to refreshed:

TURN – To turn is to make a deliberate choice to turn *from* something (being frazzled) *to* something else (finding peace). It's the initial step.

TRUST – To trust is to let go of trying to control and handle it yourself to fully transferring the issue into the hands of God. It's not a one-time surrender. It's a continual decision to leave the outcome in God's timing and provisions.

THINK – To think is to meditate on the promises of God—to think God's thoughts. In order to be transformed in our thinking, which is the root of peace through Christ, we must renew our minds in the Father's truth.

Say "turn-trust-think" out loud. Say it again. And again.
Turn...Trust...Think, Turn...Trust...Think, Turn...Trust...Think

What would that look like in your situation?

5. The mind anchored in Christ is the key to the Christian life. **Isaiah 26:3** promises, "You will keep in perfect peace, whose mind is stayed on the Lord: because he trusts in Him."

What does it mean to be "stayed on the Lord"?



6. What did you take away from Pam's poem, "Peace Peace I've Gotta' Have It"?

7. What is God telling you to do?

Father, only You know the wrestling of my soul. Enable me to experience firsthand that genuine, godly peace that only comes from You. Strengthen me to do the right thing in this situation. Grant me an inner rest that surpasses all understanding, and renew in me a willing spirit to lay aside my struggle that I might turn, trust, and think on Your promises. Help me release my unsettledness and activate Your peace that's already within me. Thank You for being the caretaker of my soul and for Your provision so that I don't have to live in a frazzled state of mind. Continually bring to my mind in the days to come the truths You've taught me in this series. May my life give You pleasure as I seek to follow You. In Jesus' name. Amen.

Notes for Small Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Share with your group a choice you need to make that will honor God.
5. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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