



5 Psalms for Overwhelmed Moms

Description

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. (Matthew 6:34, MSG)

Have you ever felt overwhelmed in motherhood? Have you had days where it feels like the waters of life are going to wash you away? I've been there! I know that feeling well. It's amazing how quickly the enemy can take us from the mountain top to the desert by getting our focus on the seemingly unimportant details of life. I know for myself the times I feel overwhelmed are often the times I have taken my eyes off of Jesus. It happens when I haven't spent enough time in God's Word. It's the times when I have spent more time focusing on the problem than the Problem Solver. Times when I have fixed my eyes on the broken pieces, instead of the Healer. Times when I have been fixated on my strength, instead of His strength in me.

Yes, the overwhelming feeling comes. That is a guarantee! The enemy always wants to take our eyes off of God and get us fixated on ourselves. During the times we experience this, we need to redirect our thoughts right back to Scripture. We need to take the negative thoughts captive and make them obedient to Jesus Christ (2 Corinthians 10:5).

Here are some Psalms that have helped me refocus and overcome the overwhelming feelings of my enemy...

God, the one and only—I'll wait as long as he says. Everything I hope for comes from him, so why not? He's solid rock under my feet, breathing room for my soul, an impregnable castle: I'm set for life. My help and glory are in God—granite-strength and safe-harbor-God—So trust him absolutely, people; lay your lives on the line for him. God is a safe place to be. (Psalm 62:5-8, MSG)

God is always a safe place to be. In His arms we can find rest, we can find assurance, and we can be

safe. Nothing overwhelms God, so the next time you feel overwhelmed picture yourself curling up in your loving Father's arms. He's got this! He's got you! And He's not letting go! He will be your Rock!

He who dwells in the secret place of the Most High shall remain stable *and* fixed under the shadow of the Almighty [Whose power no foe can withstand]. I will say of the Lord, He is my Refuge and my Fortress, my God; on Him I lean *and* rely, *and* in Him I [confidently] trust! (Psalm 91:1-2, AMPC)

You can rely on God! You can trust Him! Take time to dwell in His presence and let Him restore you. He will be your Refuge and Fortress. Nothing you face today will shake God! He is steadfast and you can confidently depend on Him!

The Lord is my light and my salvation—whom shall I fear? The Lord is the refuge *and* fortress of my life—whom shall I dread? (Psalm 27:1, AMP)

You have absolutely nothing to fear today! God is on the throne and He will not abandon it. Every detail of today serves a purpose. You can trust God with the details. You can rely on Him when things become overwhelming in your day. Trust Him to be your light and salvation!

Yes, though I walk through the [deep, sunless] valley of the shadow of death, I will fear or dread no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort me. (Psalm 23:4, AMPC)

God is always with you! He walks with you through the darkest of days. Hand over the overwhelmed feelings to Him. Let Him protect you and guide you throughout your day. Find comfort in His promises. Trust in His unfailing ways!

I waited patiently *and* expectantly for the Lord; and He inclined to me and heard my cry. He drew me up out of a horrible pit [a pit of tumult and of destruction], out of the miry clay (froth and slime), and set my feet upon a rock, steadying my steps *and* establishing my goings. (Psalm 40:1-2, AMPC)

There is no pit of life that God cannot reach down and pull you out of. There is no despair deeper than His love for you. He sees you. He knows you. And He cares for you! Call out to Him and watch Him work. May the Lover of your soul pull you from the overwhelming pit you find yourself in and set your feet upon the Rock!

Dear Father God, please help me to remember that the overwhelming days will come and go. May I trust in You, my steadfast God, the One who sees me and knows me. May I not let the cords of life strangle me, but may I fix my eyes on the Author and Perfecter of my faith. I pray that I will be strengthened and rested as I place my complete trust in You. I'm all Yours and today I hand my overwhelmed feelings to You.

Finding Comfort in the Psalms on my Overwhelmed Days,

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