

Overcoming When You Are Overwhelmed!

You have more to reach out for than hold onto

Background:

David had sinned with Bathsheba, and had her husband, Uriah the Hittite killed. At a time when Kings go to war, He should have been at the frontlines of the battle where he had sent all Israel out to war. In 2 Samuel 11:1, it records that at the time when the Kings go to war, David stayed home and left his men to fight the battle without him. When King David did not go where he was supposed to go, he ended up going where he should not have gone, and seeing what he should not have seen, and doing what he should not have done. David repented, and God responded saying that he was not going to die because of his sin, but the child who was conceived in sin would perish.

Psalm 61 records David's heartrending plea to God in the middle of his greatest tragedy; but by the time David ends this Psalm, his tearful prayer has become a thankful praise.

1 Hear my cry, O God; attend unto my prayer.

2 From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.

3 For you have been a shelter for me, and a strong tower from the enemy.

4 I will abide in thy tabernacle for ever: I will trust in the cover of your wings. Selah.

5 For you, O God, have heard my vows: you have given me the heritage of those that fear your name.

6 You will prolong the king's life: and his years as many generations.

7 He shall abide before God for ever: O prepare mercy and truth, which may preserve him.

8 So will I sing praise unto your name for ever, that I may daily perform my vows.

What did King David do that took him from the ends of the earth to the shelter of God's wings – from crying out in desperation – to praising the Lord in triumphant victory? The answer – and the keys to help you overcome when you're overwhelmed by the cares of life can be found in 2 Samuel 12:15-24.

Eight Decisions of An Overcomer

I. Rise from the Earth (verse 20)

- A. The question is not "Have you messed up – but will you get up?"
- B. Rom 3:23 For all have sinned, and come short of the glory of God
- C. When David realized his child was dead, he had a decision to make (free will)
 - 1. Sit there depressed, distraught, discouraged or
 - 2. Decide to overcome though he's overwhelmed
- D. Laying on the earth the proper posture for repentance
 - 1. Never allow your con-dition determine po-sition
 - 2. Your Righteousness Comes from God
 - 3. Rise Above Flesh and Condemnation

II. Wash Yourself (verse 20)

- A. Only the Word of God can separate you from your mess.
 - 1. John 17:17 "Sanctify them in truth, your Word is truth."
 - 2. We are sanctified and cleansed by the washing of the water of the Word (Eph. 5:26).

III. Anoint Yourself (verse 20)

- A. Receive "The Oil of Joy" in place of mourning
 - 1. The Result:
 - a) "Shining of Cheerful Anticipation"

b) Atmosphere of Expectancy

IV. Change Your Apparel (verse 20)

- A. Put on “The Garments of Praise” instead of heaviness
(Isaiah 61:1-4)
- B. Exchange – do not just put the Garments of Praise over the spirit of heaviness; an exchange must take place. Take off the heaviness and put on Praise.

C. Get Over It

- 1. To overcome being overwhelmed we must get over it.
- 2. We must offer the sacrifice of praise (Heb. 13:15)

V. Come to – Not Run from – The House of the Lord (verse 20)

A. What’s in the House of the Lord?

- 1. Safety
- 2. Healing
- 3. Restoration
- 4. Freedom
- 5. Mercy
- 6. Grace
- 7. Hope
- 8. Forgiveness

VI. Begin to Worship (verse 20)

- A. Different than Praise (what God has done) – Anyone can praise
- B. Worship (for who God is) – has to do with intimacy and humility
- C. It is the place where He knows you and *you* know you.

VII. Refuse to Rehearse the Past (verse 21)

- A. “Rehearsals” are used to perfect a repeat performance
- B. Remember: Whatever you rehearse you repeat and perfect
- C. God wants to change your future – not just prolong your present.

VIII. *Great Wisdom Can Come from Your Greatest Mistake*

(verse 24)

A. The Process

- 1. Worship produces Intimacy – Intimacy results in reproduction.
 - 2. David comforted Bathsheba and she bore Solomon, the wisest man who ever lived.
- B. When the promise in front of you gets bigger than the pain behind you, you are ready to give birth again.
- C. Psalm 61:2: When you are overwhelmed there is a rock higher than you, and you can overcome being overwhelmed!