

2 Chronicles 20:

Good morning... and Happy Mothers day. In honor of every mom hear, Thank you. You have one of the toughest Jobs ever. To start of today would like us to watch a special video in honor of moms.

Feel the Weight of the world

- Hang identity on fragile choices of your kids
- Fickle opinions of other people

It is easy to be overwhelmed... there is just too much out there
Information... News... Emails... Social media...

- Filtered perfection of others

3 C gene - cooking, cleaning, crafting

inward realities to their outward perfections - feel like you fall short

There is just too much! Toothpaste (150), cough syrup (45 kinds), Those are Funny... but many people are overwhelmed with serious stuff: debt, work, regret, shame, Emotions: guilt, insecurity, loneliness, grief, anger, resentment, worry, conflict

Good King in Israel's history.

Jehosaphat.... J-phat

Led a spiritual revival.

2 Chronicles 19:4

Jehoshaphat lived in Jerusalem, and he went out again among the people from Beersheba to the hill country of Ephraim and turned them back to the Lord, the God of their ancestors.

- hung out with the people and turned them back to the Lord.

With every mountain top high, there is a valley low. With every success there is always a let down. After every blessing comes a testing (next month we are going to talk about how to put our selves "In The Zone" of blessing) but, we need to be aware...

Anytime we try and achieve something for God, we have a real "ADVERSARY". Moms (and dads) just know when you are pressing in hard to God, in the midsts of the success there will come a struggle.

Thats where we pick up this story. You see just as mom's often feel the weight of the world, J-phat knew what that was like.

2 Chronicles 20:1-2

After this, the Moabites and Ammonites with some of the Meunites came to wage war against Jehoshaphat.

2 Some people came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar" (that is, En Gedi).

Jehosaphat was being ganged up on? How many of you mom's know what I am talking about. It seems like when one thing goes wrong it all goes wrong at the same time. It's like tag team wrestling. 3 different countries all decide to gang up on Jehosaphat.

Look at the next phrase. **2 Chronicles 20:3-4**

Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. 4 The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him.

When you feel overwhelmed ...

Lesson #1 - Never let the problem intimidate... instead let it motivate you to pray more. Never let it intimidate... instead let it motivate you to trust more, to believe more, to act on more.

Turn to God for help FIRST! Here is what we do, we plan! We go in to "Fix it Felix" mode. We want to fix the problem so just plan our way out.

Prayer should be our first choice not our last resort. I hear people say this all the time. "Well, it looks like all we can do is pray!" I want to look at them and say "OH NO! IT'S NOT THAT BAD IS IT?" Why because we want to fix it. We've tried everything else, I guess now we should pray!

Prayer should be our first choice not our last resort. Turn to God First! Not to Oprah, not to Dr. Phil, not to our friends, not to our family. Turn to GOD FIRST!

First He prays personally then

Lesson #2 - Never go it alone! Turn first to God but then pull in the church.

Jehoshaphat calls for a fast and prayer of the people of God! This is incredible leadership. This is the kind of leadership we need to have in our country today! Ok we are overwhelmed, Lets all pray and seek God. People follow this kind of leadership. "they came from every town."

Side note: Do you know why some of you are overwhelmed right now? You are not doing this step! We have several times a month where we get together and pray! And you say, "Oh, I am too busy. There is too much going on, I am overwhelmed!" Maybe you are going to continue to be overwhelmed until you stop doing it alone and come together and pray together over this stuff.

They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.

ACTS 1:14

Ok I just got done preaching and started meddling. I'm sorry.

There is nothing too big or too small to pray about! If it's big enough to worry about, if it's big enough to lose sleep about, it's big enough to pray about!

So lets look at the "*Prayer of the overwhelmed.*"

J-Phat prays 4 things and these lead us to the the last four lessons... In verse 6- 12 he prays 4 things.

Are you not ...

Did you not ...

You gave us ...

Will you not ...

These 4 things I will tell you will apply to any circumstance. Any overwhelming area of your

life. These 4 things if you will pray them will not only help you through but will increase your faith.

Lesson #3 - **Focus on God not the problem.** This goes back to what we talked about last week. If you missed it, it is online.

How are you doing? "Well under the circumstances..." You need to let what you know about God inform your circumstances. Let me give you a little analogy. *Circumstances are like a mattress... Get on top of them and you will rest easy, Get underneath it and you will suffocate.* (you will never look at your bed the same way ever again)

Remember last week... Focus is everything. Move your focus off of the problem (I don't have enough... money, time, energy, help, opportunities) and turn them on to the solution, God! He is bigger than the circumstance, He is the creator of the universe!

Corrie Ten Boom - If you look at the world you will be distressed, If you look within you will be depressed, but if you look at Christ you will be at rest.

So How do we do that?

A. Remember HOW BIG GOD IS.

Problems shrink when God expands in your life. The Bigger your God is ... The smaller your problems are. Remember God is all powerful. He is able and He does not want you overwhelmed he wants you to overcome!

2 Chronicles 20:6 *"Lord, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you."*

B. Remember WHAT GOD HAS DONE IN THE PAST

2 Chronicles 20:7a *Our God, did you not drive out the inhabitants of this land before your people Israel...*

God does not need the reminder, we do. We remember and remind ourselves of how God has helped us in the past.

Many of us have spiritual amnesia!

This is why it is so important to journal and take notes! Because when we come up against something it is great to go back and here your own words telling how God has pulled you through. And if you are new Christian that is one of the great things about the word of God and having a mentor.

You can hear how He has taken care of others and how he will do it for you too.

In Vs 9 there are 4 areas that he remembers. Disasters, Wars, Epidemics, and Famine. Can you fix any of those things? NO but God can. Because HE is GOD.

C. Remember WHAT GOD HAS PROMISED

7000 promises in the Bible... Know them... Memorize them.

How do you know that you don't know the promises of God? YOU WORRY!

Worry is a tell tale sign that you do not know what God has promised to you in your life.

2 Chronicles 20:7b "... and give it forever to the descendants of Abraham your friend?"

D. Appeal to God's character

Good loving, faithful, fair, honest, righteous

2 Chronicles 20:10 *"But now here are men from Ammon, Moab and Mount Seir, whose territory you would not allow Israel to invade when they came from Egypt; so they turned away from them and did not destroy them. 11 See how they are repaying us by coming to drive us out of the possession you gave us as an inheritance. 12 Our God, will you not judge them?"*

You would not let us deal with them. (Deuteronomy 2)

Lesson #4 Admit your Inability

2 Chronicles 20:12b *For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."*

This is actually the first step in any recovery process. To stop living in denial. To admit you are not in control. Admit you are powerless.. Have you ever felt that way? Yes you have!... Screaming Infant. 32lbs is controlling you as an adult.

Maybe you have felt this way about alot of things in your life.

(I just can't ... get out of debt, find a good job, fix this relationship)

2 Chronicles 20:12 *For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."*

Tell God exactly how you feel. Contrast Vs 12... I am powerless... Vs 6 You are powerful!

You see you don't need to know the key men when you know the man who holds the keys. - UNH Story

Bonus: Mothers Day Lesson -**Lesson #5 - Good does not mean PERFECT**

2 Chronicles 20:31 *So Jehoshaphat reigned over Judah. He was thirty-five years old when he became king of Judah, and he reigned in Jerusalem twenty-five years... 32 He did what was right in the eyes of the Lord.*

35 *Later, Jehoshaphat king of Judah made an alliance with Ahaziah king of Israel, whose ways*

were wicked. 36 He agreed with him

As Mom's there is so much pressure on you to be perfect. God does not look at your failures and say you are no good. Jehoshaphat was known as one of the best and most prosperous Kings. Even though he failed at one point in his life. Don't let failures as a mom define you.