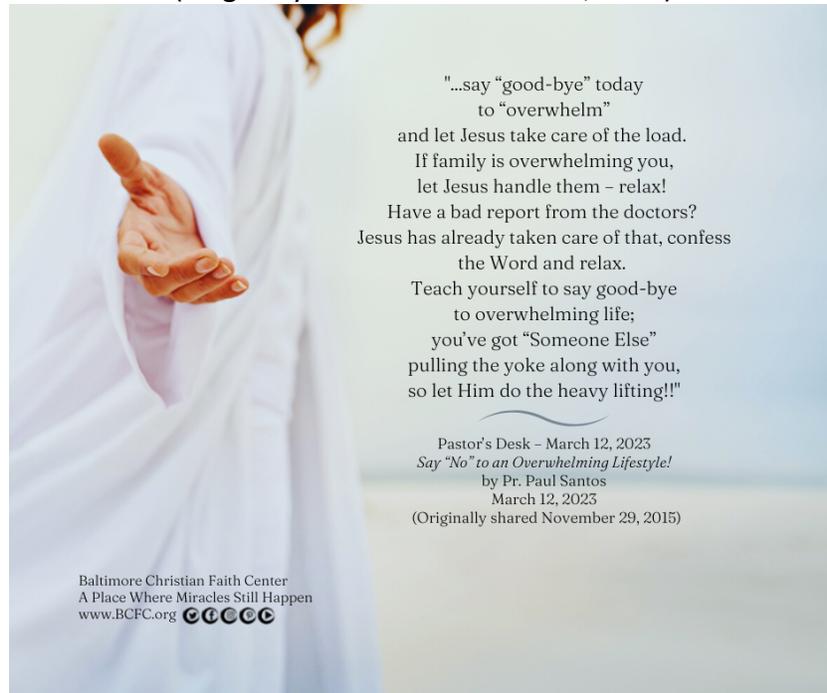


Say “No” to an Overwhelming Lifestyle!

Pastor’s Desk – March 12, 2023

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As the end of the year is quickly approaching with all the busyness of the season, many find themselves overwhelmed with so much on their plate. I often hear every year at this time the same sentences: “I’ve got too much on my plate, too much to do” and “there isn’t enough time for me to do the basic things I wish I could do.” Sometimes it is not the season, it is a diagnosis given by the medical field, or a family member that is eating our peace with whatever is happening in their lives, and we find ourselves saying, “this is too much for me to take,” or “I can’t take this anymore” or “how long will all this last?” Well, my friend, I want to agree with you and prophesy today upon your life: “The ‘overwhelm’ has got to go in Jesus Name!”

Let’s ponder for a moment. God created everything in this planet in a mere six days! That means that our God is in the business of getting things accomplished, and He does it really fast! Therefore, we can expect His help today to accomplish all that is overwhelming us and accomplish it quickly! We read in Matthew 11:29-30, “Take my yoke upon you ... my yoke is easy, and my burden is light.” Let me tell you that a yoke is a harness, or an instrument placed upon two oxen. It causes them to plow together, so when one gets tired or overwhelmed, he can continue by being pulled by the other. In the same way when we feel overwhelmed, having Jesus’ yoke on us will make life much easier. He is attached to us and will help carry

the load; and of course, He will end up doing most of the carrying! So instead of being overwhelmed, let's take Peter's advice in 1 Peter 5:7, "... casting all your anxieties on Him, because He cares for you." After casting your cares upon Him, please don't run to pick them up again. Let Jesus carry them out for you. Change the way you do things. You can handle and accomplish anything in Him because He will hold you and pull you when you are weak and overwhelmed.

"Nothing is too difficult to God." (Jeremiah 32:17). So, say "good-bye" today to "overwhelm" and let Jesus take care of the load. If family is overwhelming you, let Jesus handle them – relax! Have a bad report from the doctors? Jesus has already taken care of that, confess the Word and relax. Teach yourself to say good-bye to overwhelming life; you've got "Someone Else" pulling the yoke along with you, so let Him do the heavy lifting!!

Pastor Paul Santos