

**Feeling Overwhelmed: Psalm 124**  
Week 9 in our *Songs of the Summer Series*  
July 30, 2023  
Pastor Theo Myer

*To be overwhelmed is to feel something  
so powerfully that you are \_\_\_\_\_ by it*

Type	Description	Example
Orientation	Times of	Psalm
Disorientation	Times of	Psalm
Reorientation	Times of	Psalm

Praying when you're overwhelmed

↳ Remember to get on \_\_\_\_\_ (v 1-2)

↳ You can be \_\_\_\_\_ if you don't rely on God (vs 3-5)

↳ Use this breath prayer: \_\_\_\_\_ (vs 6-8)

**Remember!**