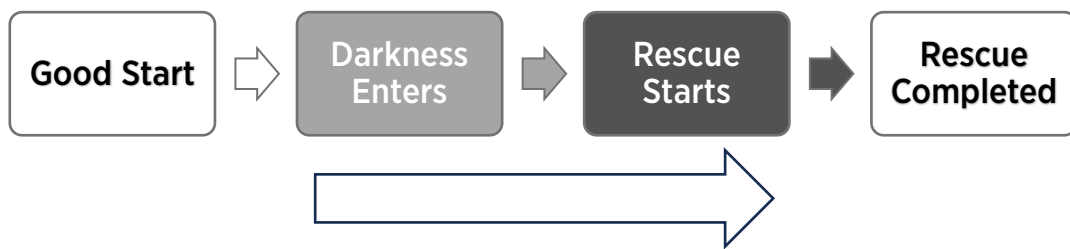


**Overwhelmed by the News**  
 Week 1 in our series *Overwhelmed*  
 Pastor Theo Myer  
 September 7, 2025

*Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matthew 11:28-29)*

What does the Bible say about the big picture of our world?



What wisdom does God offer us?

- ✦ Beware of \_\_\_\_\_ (Philippians 4:8-9)
  
- ✦ Follow Jesus and \_\_\_\_\_ (1 Peter 1:3-5)
  
- ✦ View the difficulties in this world as \_\_\_\_\_ (Matthew 24:6-8)  
 (difficult but promising future life)

*Focus more on what will last, than on what will pass*

**Remember!**

*The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review)* open our lives to God's love and direction and power.

*Good Morning God* should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Matthew 11:25–30

- ✳ How are you being child-like with God today?

Day 2: Philippians 4:4–9

- ✳ What blessing from God can you focus on today?

Day 3: 1 Peter 1:3–5

- ✳ What will it be like to live forever with Jesus and His followers on a remade and perfected Earth?

Day 4: Matthew 24:3–14

- ✳ What can you expect in this world before Jesus comes again?

Day 5: Matthew 24:42–51

- ✳ Are you listening to Jesus as our world is in labor pains, or are you distracted with the difficulty?