

7



***When You Feel
Overwhelmed with
to much to do***



Hopeful Hearts Ministry



7 Bible Promises

When You Feel Overwhelmed with too much to do

Dear Friend,

Life can be heavy too many responsibilities, too many expectations, and not enough hours in the day. If you've found yourself feeling overwhelmed, I want you to know this: you're not alone, and you're not forgotten.

This folder was prayerfully put together to remind you that God sees you, and He offers rest, strength, and peace in the middle of the pressure. You don't have to prove yourself or carry it all. His grace truly is enough.

As you go through these scriptures and reflections, I pray you'll feel His nearness, hear His voice, and find space to breathe again.

You are deeply loved.

In His peace,
Pastor Dan



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7 Bible Promises



When You Feel Overwhelmed with too much to do

Prayer

Lord,

You see the weight I'm carrying the to do lists, the responsibilities, the pressure I feel pressing in from every side. My mind is racing, and my strength feels small.



In this moment, I pause to breathe and to remember that You are God, and I am not. You never asked me to do everything only to trust You in all things.

Help me lay down the burden of trying to do it all in my own strength. Remind me that Your grace is enough and that Your power is made perfect in my weakness.

Give me wisdom to know what matters most today. Give me peace that steadies my heart. And give me strength that comes from resting in You.

Thank You for walking with me, even here.

In Jesus' name,
Amen.



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7 Bible Promises

When You Feel Overwhelmed with to much to do

1

I can do all this through Him who gives me strength.

Philippians 4:13

God Gives Strength for Every Task

You don't have to carry the weight alone. God doesn't expect you to do everything in your own strength He provides the power to face your responsibilities with grace.



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2

My grace is sufficient for you, for my power is made perfect in weakness.

2 Corinthians 12:9

His Grace Is More Than Enough

When you feel stretched thin, God's grace steps in. In your weakness, His power shines the brightest. He will meet you right where you are.



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3

**Come to Me, all you who are weary and burdened, and
I will give you rest.**

Matthew 11:28

Rest Is Found in His Presence

**Jesus invites you to bring your overload to Him. His
rest is not escape it's renewal. Lay your burdens down
and let Him refresh your soul.**



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4

Trust in the Lord with all your heart. He will make your paths straight.

Proverbs 3:5–6

He Orders Your Steps

When your to-do list feels chaotic, trust God to lead. He's not asking you to do everything just the next right thing in His strength and timing.



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5

**You will keep in perfect peace those whose minds are
steadfast, because they trust in You.**

Isaiah 26:3

Peace Guards the Overwhelmed Heart

**Peace is possible even in the busy moments when
your mind is anchored in God. Trust brings calm, even
when life doesn't slow down.**



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6

Cast all your anxiety on Him because He cares for you.

1 Peter 5:7

He Cares About Every Detail

**God isn't distant from your deadlines or distractions.
He cares deeply. Give your stress to Him He's more
than able to carry it.**



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7

**Because of the Lord's great love we are not consumed.
His mercies are new every morning.**

Lamentations 3:22–23

His Mercies Are New Every Morning

No matter how overwhelmed you feel today, tomorrow brings new mercy. God's faithfulness is fresh every morning so take today one grace-filled step at a time.



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