

## **Sermon Reflection – August 23, 2026**

**Sermon Title:** This Is Just Too Much

### **Scripture**

Psalm 61:1–4 (NKJV)

### **Main Scripture**

#### **Psalm 61:2 (NKJV)**

“From the end of the earth I will cry to You, when my heart is overwhelmed; Lead me to the rock that is higher than I.”

### **Key Thought**

Feeling overwhelmed does not mean we lack faith. It reminds us that we have reached the limits of what we can carry on our own and need to turn to the God who is greater than what we are facing.

### **Overview**

There are moments when life simply becomes too much. Responsibilities pile up, problems come from different directions, and even the strongest among us can become overwhelmed.

David does not pretend that everything is okay. He admits what he is feeling, asks God for help, and recognizes that he needs something stronger and higher than himself. Psalm 61 reminds us that when life becomes too much, we do not have to handle it alone.

### **Point 1**

#### **Admit That We’re Overwhelmed**

### **Scripture**

#### **Psalm 61:2a (NKJV)**

“When my heart is overwhelmed...”

### **Reflection**

David was honest about what was happening inside of him. He did not hide his emotions or pretend to be stronger than he felt. He acknowledged that his heart was overwhelmed.

Sometimes the first step toward finding relief is simply admitting, “This is too much for me.” We can be people of faith and still become tired, burdened, and overwhelmed. God already knows how we feel, and He invites us to be honest with Him.

### **This Week's Application**

Be honest with God about how you are feeling.

Recognize when you have reached your limits.

Give yourself permission to ask for help.

### **Point 2**

#### **Ask God to Lead Us**

#### **Scripture**

##### **Psalm 61:2b (NKJV)**

“Lead me...”

#### **Reflection**

David recognized that being overwhelmed affected his ability to know what to do next. Instead of trying to figure everything out himself, he asked God to lead him.

When we are overwhelmed, our emotions can easily take the lead. Fear, frustration, and exhaustion can influence what we think and how we respond. David reminds us not to let our emotions lead us, but to ask God to lead us. When we cannot trust how we feel, we can always trust where God leads.

### **This Week's Application**

Pause before allowing your emotions to determine your response.

Ask God to lead you when your feelings become overwhelming.

Trust God's direction more than what you feel in the moment.

### **Point 3**

#### **Stay Anchored in the Rock**

#### **Scripture**

##### **Psalm 61:2c (NKJV)**

“Lead me to the rock that is higher than I.”

## **Reflection**

David understood that he needed something stronger than himself. He needed a rock that stood higher than his problems, his emotions, and his limitations.

When life becomes unstable, God remains steady. Being anchored in Him does not mean the pressure immediately disappears. It means the pressure does not have the power to carry us away. When everything around us feels uncertain, we can remain grounded in the One who never changes.

## **This Week's Application**

Stay connected to God through prayer and His Word.

Turn to God before allowing your problems to consume your thoughts.

Remember that God is greater than whatever is overwhelming you.

## **Pastoral Encouragement**

There will be moments when life feels heavier than you expected and more than you believe you can handle. You do not have to pretend to be strong when your heart is overwhelmed. Look to God and allow Him to lead you to a place stronger than yourself. Your circumstances may shake you, but they do not have to overwhelm you. When you are anchored in God, you are connected to Someone greater than every problem, every pressure, and every burden you face. When life becomes too much, remember that God is still greater.

## **Closing Prayer**

Lord, when life becomes too much, help us to be honest about what we are feeling. Lead us when we do not know what to do, and keep us anchored in You. Remind us that You are greater than every burden we carry and every situation we face. In Jesus' name, Amen.