

Prayers for when Overwhelmed

In Jesus name, in Jesus mighty name

Lord I am crying out to you today because I am overwhelmed, Your Word says:

Psalm 61:1-4

Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy. I will abide in thy tabernacle for ever: I will trust in the covert of thy wings.

Lord I am so overwhelmed, I feel like there is so much to do, so much to manage and so much to think of. At times it feels like I am juggling so many things and not very well. At other times I feel stuck, I don't even know where to start, or what I should be doing. Lord it feels like everything is on top of me and I am underneath it. So lord today I cry out to you, your word say lead me to a Rock that is higher than I and I trust that you will do this. lord many times you have been a shelter for me and a strong tower, when I am weak teach me to remember this and trust you.

1 Corinthians 14:33

For God is not the author of confusion, but of peace, as in all churches of the saints.

Lord direct me, speak to me about where I should go, what I should be doing and how I should be doing it because I trust you knowing that you are not the author of confusion.

Psalm 34:17-20

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.

Lord help me to do the right things so that when I cry out to you, you will hear my prayers and deliver me from my difficulties.

Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest.

Lord I am tired, the work that I have to do to make a life work feels like a lot! I am so grateful for your invitation to come to you, with all that I have going on, knowing that I can find rest in you.

2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

I needed this word lord, its important for me to understand this part of my journey that at this time when I may be really weak your power is being made perfect in my life, I understand now that you are asking me to switch power sources from my power to yours, I am ready lord, charge me up.

Zechariah 4:6

This is the word of the LORD to Zerubbabel: ‘Not by might nor by power, but by my Spirit,’ says the LORD Almighty.

Sometimes I feel like I don’t know what to do or how to do, remind me that it is not by my strength, not my might or efforts but by your spirit, lord almighty

Matthew 19:26

But Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

Some of the challenges I am facing I cannot understand how I can overcome them, which is confirmed by your word that says with man this is impossible, but I am so grateful that your word also declares but with God all things are possible

Hebrews 12:11

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Lord give me a spirit of discipline, when I am procrastinating and holding back from doing the things I am supposed to do, so that I may benefit from the fruit of it and make my life easier and gain peace.

Proverbs 31: 25-27

Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness.

Lord as your word say I will rejoice in times to come; I will not always feel this way or be under the amount of pressure I am feeling. Whilst in this season lord give me a mouth of wisdom and a tongue of kindness, make me good at looking after my household and affairs and remove from me every spirit of laziness, procrastination and frustration.

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Lord when I am overwhelmed sometimes It is because I feel scared or fearful about the choices I have made or those I have to make. At times I am also scared about getting it wrong or what might happen as a consequence, I get nervous, lord about the outcome of things that I was supposed to do but did not do and this also make me feel overwhelmed. Your word says that you did not give me a spirit of fear but a spirit of power which mean I have the ability and force behind it to get stuff done, a spirit of love, that will help me to navigate all relational elements and parts involving other people and a sound mind to make push through and make the right choices and decisions, thank you lord for these gifts.