

## **Overwhelmed by Overthinking No Matter What October 3, 2021**

John 16:28-29 (NIV) "I came from the Father and entered the world; now I am leaving the world and going back to the Father." Then Jesus' disciples said, "Now You are speaking clearly and without figures of speech."

John 16:30 (NIV) Now we can see that You know all things and that You do not even need to have anyone ask You questions. This makes us believe that You came from God.

John 16:33 (NIV) I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

### **What Does Overthinking Look Like?**

- **Constantly compare ourselves to others**

2 Corinthians 10:12 (NIV) We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.

- **Preoccupied with perfection**
- **Ruminate but do not resolve**
- **Look back and imagine, "If only..."**
- **Look ahead and ask, "What if..."**

### **How Do We Overcome Overthinking?**

Isaiah 26:3 (NKJV) You keep him in perfect peace whose mind is stayed on You.

John 16:33 (NIV) I have told you these things, so that in Me you may have peace.

- **Be prepared.**
- **Keep perspective.**
- **Trust His presence.**

**Overthinking focuses on What, How, and When.**

**Overcoming focuses on Who.**

**We overcome when we worship the Overcomer.**