

From the Handbook for Business, the Bible

23: My spirit is overwhelmed within me

The marketplace, indeed, the world is in turmoil, becoming a tough & volatile place these days.

For a myriad of reasons, people are stressed & anxious; many are overworked and overwhelmed; burnout is common; mental issues are impacting huge numbers...even the rich and famous.

The question then, is WHY? Why are so many people so overwhelmed these days? The answer, of course, begins in the spiritual...the physical signs are a manifestation of this deeper issue.

Clearly nations, governments, businesses, families and individuals have chosen to ignore the Handbook for Living, the Bible. Thus, many people 'walk alone' and thus, pay a heavy price.

This is not a pretty picture...can we link it back to the Handbook?

Yes, but before we go there, let's clarify some truths...

First, spiritual problems can't be identified and resolved in the natural realm

Second, businesses don't underperform, people do...and it always begins with the owner

Third, if business is overwhelming you, don't go back into the same place for solutions because there will only be more of the same; you need someone to help & the Handbook to guide.

Today, our focus is on the spiritual for people feeling overwhelmed, unable to find answers!

I encourage you to read **Psalm 143**, the prayer of a man so overwhelmed he could only cry to God; **v4** declares, *"Therefore is my spirit overwhelmed within me; my heart within me is desolate"*

- * He (David) had no way of resolving the problems himself and relied totally on God
- * He acknowledges the righteousness of the LORD God - *"I am thy servant"*
- * And cries out, *hear me (v7), deliver me (v9), teach me (v10), quicken me (v11)*
- * Praise God, we can do the same as David did in this Psalm.

The point is, there is no overwhelm to be found in the Handbook, Word of God!

Exactly. And that's why it has to be the starting point for Christian business owners overwhelmed for whatever reason - before seeking the usual ways to improve that we share in this session...

...You can access 100+ Bible-based strategies & tactics from the past 3 years...at website below.

So, don't be like **Jonah (4:1-11)** who spat the dummy and wanted to die; rather, be like David!

...Jesus commands us business owners to *"occupy [i.e., trade or do business] till I come"* **Luke 19:13**

There are many other verses to help those who feel overwhelmed...

Proverbs 16:9, *"A man's heart deviseth his way, but the LORD directeth his steps"*

Matthew 11:28, *"Come unto Me all ye that labor and are heavy laden, and I will give you rest"*

Psalm 46:10, *"Be still, and know that I am God..."*

Luke 18:27, *"The things which are impossible with men are possible with God"*

John 16:33, *"...in Me ye...have peace. In the world ye shall have tribulation, I have overcome the world"*

Counsel: Don't let feelings of overwhelm in life or business distract you from your heavenly assignment; seek first the Word of God for He promises to help you find the best solution.