

# Our Handbook for Business, the Bible

## Overwhelm

Today the marketplace, indeed, the whole world is in turmoil, as confusion, chaos & insanity reign. So many people are stressed, anxious, overworked and fearful. Burnout is rife as are mental issues, even among the rich and famous...and sadly, in the Body of Christ!

Paul described the scene in 2 Timothy 3 as "*perilous times*."

The question then, is WHY? Why are so many people overwhelmed these days?

The answer begins in the spirit realm; the physical signs we see & experience are the manifestation of this largely ignored spiritual issue, much of it the work of the enemy.

The bottom line: Nations, businesses, families and individuals have chosen to ignore God's Handbook for Living, the Bible, paying a heavy price as they live in darkness, lonely, lost & loveless.

And in amongst all this we have businesses to run, not easy when one is overwhelmed.

### My counsel for business owners:

Understand that a spiritual problem can't be resolved in the natural realm. If you're feeling overwhelmed, the best way out won't be found in this fallen world.

Go to where you will find guidance, comfort and peace - the Word of God, the solution to every problem of life and business.

It may also be that your Christian walk has slowed to a crawl causing conflict & overwhelm. If so, get your priorities right, repent, and allow God to reverse the situation as He promises in the 23<sup>rd</sup> Psalm (also in Matthew 6:8, 6:33; Hebrews 13:5).

I encourage you to meditate on **Psalm 143**, the prayer of a man so overwhelmed his only two choices were to rely on God to save him or die at the hands of his enemy! David chose the former and was delivered.

In times of overwhelm do as David did - rely on God and the truth of His Word to provide the clear path and clear thinking you need in business (e.g., Psalm 119:105; Isaiah 43:19).

### The Bible, our Handbook counsel for today, Psalm 143:4,9, New King James...

*"(4)...my spirit is overwhelmed within me; My heart within me is distressed...(9) deliver me O LORD"*

### Other Scriptures (NKJV):

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

**Matthew 11:28**, "Come to Me, all you who 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..."

**Psalm 37:4**, "Delight yourself also in the LORD, and He shall give you the desires of your heart"

**Psalm 34:17**, "The righteous cry out...the LORD hears and delivers them out of all their troubles"

**2 Timothy 1:7**, "For God has not given us a spirit of fear, but of power...love and of a sound mind"

**Philippians 4:19**, "And my God shall supply all your need according to His riches in glory..."