

**WEEK 2**  
**LESSON OUTLINE**



**BIG IDEA**

When you feel overwhelmed, God wants to take care of you.

**BIBLE**

1 Kings 19:1–9; Psalm 4:8;  
Matthew 11:28–30

**ABOUT THIS WEEK**

Each level of a video game comes with its own unique challenges, and life can feel a lot like that, too. This week, we'll look at a time when Elijah faced so many challenges that he felt completely overwhelmed and needed to take a break. From this story, you will see that **when you feel overwhelmed, God takes care of you.**

|                  |  |
|------------------|--|
| <b>WHAT?</b>     | Some games are too difficult! No matter how hard we try or how many restarts we take, we get stuck and overwhelmed by how to make it through. Sometimes, we feel inundated with everything life throws at us. And a video game can help us take a break! But what do we do when nothing feels like it helps? What do we do when life feels overwhelming? Is there someone who can help us?   |
| <b>SO WHAT?</b>  | <p>In 1 Kings 19:1–9, there's a story in the Bible of a man named Elijah, who had every reason to feel overwhelmed. He was a prophet who heard from God and then delivered the message to God's people. While this may sound like a cool job, it also meant Elijah had enemies. Right after this wild encounter in which God answers Elijah's prayer to rain down fire from heaven, he was on the run for his life, and when Elijah was at the end of what he had to offer, God showed up and told him to take a nap, have a snack, and recover. When we feel overwhelmed, God knows that, sometimes, the best thing for us is simply to rest and recover.</p> <p>This is similar to what the poet of Psalm 4:8 says. Sometimes, we need to rest and allow God to be the one who sustains and protects us. You don't need to push through, you don't need to try to carry more, you don't need to exhaust yourself. Just be close and allow God to support you. <b>When you feel overwhelmed, God wants to take care of you.</b></p>                     |
| <b>NOW WHAT?</b> | <p>Here are a few ways Elijah's story shows us how we can restart with God this week:</p> <ul style="list-style-type: none"> <li>• <b>LET GOD KNOW YOU'RE OVERWHELMED:</b> Next time you feel overwhelmed, write out what makes you feel this way, talk to God about it in prayer, and then picture God coming alongside you, saying, "It's okay. I've got this."</li> <li>• <b>LET GOD TAKE CARE OF YOU:</b> When we're overwhelmed, we need to remind ourselves that God loves us, wants to take care of us, and deeply cares for us. This week, when you need that reminder, read Psalm 4:8 and ask God for what you need.</li> <li>• <b>LET GOD'S WORDS MATTER MOST:</b> When Elijah unplugged and let God take care of him, God's words spoke louder than anything else. When you feel overwhelmed this week, take 30 minutes to unplug and connect with God.</li> </ul> <p>God is always with you, which means you can connect with God whenever things feel too much because <b>when you feel overwhelmed, God wants to take care of you.</b></p> |