

# NO, EVERYTHING IS NOT ALL RIGHT!

*Bring it on.*

**MONDAY**

Be ...

## refreshed

*Groovy, it's*

**TUESDAY**

**So, here's the story ...**

God told Moses to send a top-ranking man from each of the 12 tribes to scout out the land of Canaan, which He had promised to give to them. They were gone forty days. When they came back, they said the land was definitely good, but the people that lived there were strong and the cities had walls around them. One of the scouts, Caleb, said, "It's okay, we can take the land that God promised us." Most of the other scouts gave a bad report though. They were afraid of the people and it seemed impossible to them. The Israelites were distraught. They listened to the bad report instead of Caleb's hopeful one.

Joshua, another scout, said, "The land is very good. If God is with us He will deliver it to us as He promised. Don't rebel against God and don't fear the people of the land."

The Israelites refused to trust God. God became angry at their disbelief and wanted to kill them, but Moses asked for forgiveness, and God accepted it.

God said, "Because all those men who have seen My glory and My miracles which I did for them have not listened to My voice, they will no longer get to have the promised land. No man that has provoked Me will get to have it. Caleb and Joshua had believing hearts and followed Me fully. They will get to go into the land.

Tomorrow, turn and go into the wilderness by the way of the Red Sea. According to the number of days which you searched the land, forty days, each day for a year you will bear your sin, forty years; and you will know My alienation. I have spoken; I will surely do it to all this evil group of people who are gathered against Me. They shall be destroyed in this wilderness, and there they will die."

Read the story for yourself in  
Numbers 13-14

**Take it to God**

Ask God to remind you of times He got you through situations that were overwhelming.

Halfway there  
**WEDNESDAY**

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**A.M.**

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**Noon**

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**P.M.**

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**Eve**

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You wanna be ...

**triumphant**

victorious; unbeaten;  
successful;  
conquering

or

**overwhelmed**

overloaded; swamped;  
overburdened;  
submerged

‘God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.’

**Psalm 46:1-3**

Throw your hands up  
**THURSDAY**

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**A.M.**

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**Eve**

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*Make a difference ...*

**Step up:**

When you get overwhelmed, take a minute to breathe and remember you don't have to tackle everything all at once. Take it one thing at a time.

**Take it up a notch:**

Are there particular things that seem to always cause you to feel overwhelmed? Maybe it's math homework you don't understand very well or being around big crowds of strangers. Don't be so hard on yourself. Everyone has to muddle through situations that feel like they're too much to handle sometimes. See if there is something in your control to ease the problem — like asking for a math tutor or getting a friend to help (one who is good at math, of course. lol), or have a friend with you in big gatherings, or find something to focus on that takes your mind off the crowd. Don't start avoiding everything; work through it. Before long you'll defeat it.

*Poll your friends ...*

Do you ever get overwhelmed?

**Yes**

**No**

**Jesus did lots of miracles while He was on the earth. Read about one of them here:**

Luke 5:1-11

**FRIDAY**

*Finale*

**Jesus takes on a fish shortage for Simon Peter**



**WEEKEND**

*Weekend*

**A.M.**

**Sat.**

**NOON**

**P.M.**

**SUN.**

**EVE**

In Luke 5:1-11 (a scripture that tells us about one of the miracles Jesus did), Simon, a fisherman, had been working all night long and had caught absolutely zero fish. Stressed, he needed those fish to earn a living for himself and his family. Jesus told him to cast out his nets for a catch. So many fish were captured that the net Simon had thrown broke. Friends in another boat had to help.

Notice this ... Jesus told Simon to cast out nets (more than one), but Simon, who was probably very discouraged at that moment, used only one. Jesus knew He was about to shock the fishermen with a huge catch of fish — one that would take more nets than Simon was

prepared for. It's important to pay attention to those little details when God is asking you to trust Him. And it's equally important to forget all the details of those little problems that you focus on that overwhelm you. You see, compared to God, no problem is big. He is always bigger — and capable of handling anything that comes along. He is never caught by surprise.

That day, Jesus blessed Simon greatly with those fish. Imagine how many he might have gotten if he had faith enough to use more nets like Jesus had advised!

In one action Jesus made Simon's fishing problem history. For real, it's in the Bible. Hahaha

*Did you know?*

**There are all kinds of scriptures in the Bible that encourage you to trust God. Trusting God is a great way to battle being overwhelmed. The more you focus on the Lord — who takes care of you — the more you will defeat that fear. Lean on Him. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."  
- Philippians 4:6-7**



# So, let's wrap it up



Vicky's  
VIEW

I think probably the biggest lesson I've learned, so far, about being overwhelmed is to not let it paralyze you. People have a tendency to just shut down and become completely neutralized — like wheels spinning on the ice — going nowhere, accomplishing nothing. For a person like me, who thrives on accomplishment, there's not much that's worse than trying to get something done or achieve a thing only to get stopped flat by a brick wall (like feeling overwhelmed).

I do not enjoy setbacks. They are my arch nemesis when it comes to doing my job. As a reporter I have deadlines I have to meet constantly. There are no options to quit when it comes to getting that newspaper out. If there's late-breaking news, well, you better hop into high gear and knock it out

before all goes to press. There's often a lot of stress involved and it can be said to resemble a big juggling act — trying to fit all the pieces you can together by the end of the day. And it all starts over tomorrow, and so on. Because of that, I've had to depend on the Lord a lot.

Also, working in that type of scenario for years has taught me a lot about how resilient we humans are, we just don't realize it until we're forced into a seemingly impossible situation. At times I think God may allow us to get in a little over our heads so we'll learn to lean on Him and gain trust in Him. Otherwise we wouldn't ever really notice that we need to rely on someone bigger than we are.

People who are really gifted, intelligent, and have great determination and endur-

ance are often looked up to for inspiration and are very much admired.

I've seen those great qualities backfire though, as some have mistaken those wonderful attributes as things they should get the credit for. Though we should certainly nurture our strengths and gifts, we must never make the mistake of thinking we have them through any effort of our own. It was God, our Creator, who put them there inside us from the beginning.

In Jeremiah 1:5, God told the prophet, "Before I formed you in the womb I knew you, before you were born I set you apart ..."

That same thing applies to all His children.

When God created you He implanted very unique talents, strengths and characteristics in you in order to equip you for a

very specific purpose in life. You are like no other person who has ever been or who will ever be.

I say all this to remind you that you don't have to go through life trying to handle everything all on your own. God loves you dearly, wants the best for you and is there to help you on this tough journey called life. He will not leave you to do everything alone — that is, unless you decide to refuse His help. He won't force you to do things His way. He wants you to freely choose to let Him into your life as a partner. So when you get overwhelmed about something, ask yourself if you should be letting God be your Help in times of trouble, like Psalm 46:1 says. Bottom line is, practice trusting Him more, and you'll be overwhelmed less.

*Ponder this:*

**How many times this week have you been overwhelmed?**

*Time to take charge of your life:*

*(Fill in the blank ...)*

**has been bugging me lately, bringing me down. What can I do to change that? Do I need help from someone else? Who?**

*Something good that happened this week was:*

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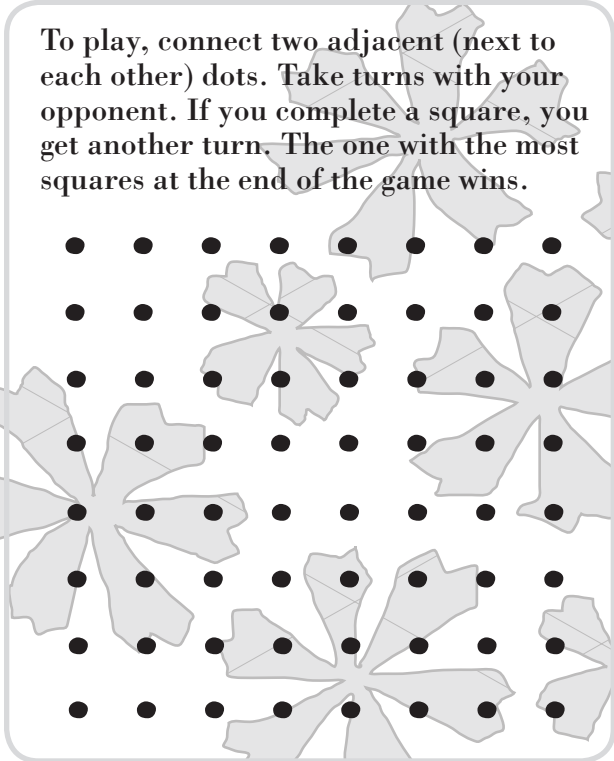
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*Let's read:*

**Numbers 13-14**

# Claiming the promised land

To play, connect two adjacent (next to each other) dots. Take turns with your opponent. If you complete a square, you get another turn. The one with the most squares at the end of the game wins.



# Matthew 7:7

M	Y	B	Y	T	I	U	Q	I	N	I	T
O	T	D	F	A	U	H	S	O	J	S	N
S	L	E	E	L	A	N	D	C	W	A	E
E	I	I	A	M	U	R	M	U	R	E	D
S	U	P	R	B	A	L	E	A	R	S	I
O	G	S	E	P	R	E	P	O	R	T	F
W	I	L	D	E	R	N	E	S	S	P	N
N	A	A	N	A	C	S	N	G	I	S	O
C	P	O	S	S	E	S	S	I	O	N	C

- |            |            |          |
|------------|------------|----------|
| CANAAN     | MOSES      | SPIED    |
| ISRAEL     | POSSESSION | LAND     |
| PARAN      | FEAR       | PARDON   |
| WILDERNESS | REPORT     | INIQUITY |
| JOSHUA     | CONFIDENT  | GUILTY   |
| CALEB      | MURMURED   | SIGNS    |

You are ...

**valued**

# Doodle Box



# Wandering the wilderness

Make your way along the words to make a sentence. Your journey will form one single path. You can only go north, south, east, or west and the path must never cross over itself. Start at the northwest corner and finish at the southeast corner.

	<b>N</b>	<b>O</b>	<b>W</b>	<b>A</b>	<b>Y</b>	<b>G</b>
	<b>L</b>	<b>W</b>	<b>E</b>	<b>H</b>	<b>D</b>	<b>O</b>
	<b>O</b>	<b>Y</b>	<b>O</b>	<b>T</b>	<b>D</b>	<b>O</b>
	<b>O</b>	<b>T</b>	<b>U</b>	<b>F</b>	<b>L</b>	<b>E</b>
	<b>K</b>	<b>A</b>	<b>R</b>	<b>S</b>	<b>E</b>	<b>S</b>

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answer on page 331

# Discover

answer on page 324

