

# *When My Spirit Is Overwhelmed*

Wednesday, August 04, 2021

Mike Miller

Straight Paths Bible Church

Psalm 77:3 I remembered God, and was troubled: I complained, and my spirit was overwhelmed. Selah.

Psalm 142:3 When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me.

Psalm 61:1-4 To the chief Musician upon Neginah, A Psalm of David. Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy. I will abide in thy tabernacle for ever: I will trust in the covert of thy wings. Selah.

- I. When our spirit is overwhelmed it is like we are pinned to the ground and cannot get up in our mind and heart and spirit.
  - A. Every child of God will experience this many times in the spiritual battle of life here in this sin-cursed world.
  - B. Every person, whether lost or saved, experiences these times of emptiness, abandonment, darkness, and loneliness.
  - C. Even Jesus experienced this because in all things it behoved Him to be made like unto his brethren.

Hebrews 2:16-18 For verily he took not on him the nature of angels; but he took on him the seed of Abraham. Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people. For in that he himself hath suffered being tempted, he is able to succour them that are tempted.

John 12:27 Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour.

Matthew 26:38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.

Luke 22:44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

- D. The wonderful difference for the child of God is that these times are short-lived and we DO have an escape from them.
- E. The awful thing about them for the lost is that they do not have a way out.
- F. It is not an intellectual warfare, but a spiritual warfare.
- G. Those without God try to fight it with their intellect, or with the help of someone else's intellect or sympathy, but it turns into quicksand for them.
- H. Only the true children of God who trust in God and cast all their care upon Him find their way out of this slough of despond over and over through this journey of life.
- I. This kind of trouble is not always evidence that we are not right with God, and never is evidence that God has abandoned us.

1. It is evidence that the enemy has taken a shot at us and given us a serious blow.
2. It is evidence that something has taken our eyes off of Him for a time; cares of life and being too busy is usually the culprit here.
3. We might have our eyes off of the Lord because we have been distracted by voices other than the voice of our Shepherd.
4. We might have our eyes off of the Lord because of some looming trouble in our life such as health problems, problems with other people, financial problems, etc.
5. It is evidence that we have been going in our own strength and we suddenly find it gone.

II. Whatever the reason, or reasons, that brought us into this state, it is where we will find ourselves many times through this life.

- A. No matter how much money you make.
- B. No matter how successful you are in your endeavors.
- C. No matter how well things go for you in your family, your marriage, your children, your church life.
- D. Wonderful circumstances do not prevent your spirit from being overwhelmed.
- E. It is weariness in the battle; it is being faint, or emptied of strength.
- F. Some call it discouragement or depression, but be very careful not to let the world's hopeless and messed-up philosophy in this matter to influence your concept of what it is to be overwhelmed in your spirit.
- G. The Bible is full of accounts of the people of God, and some of the best of the people of God, as they passed through these seasons of trouble.
  1. But we will always see that they were just passing through; it was not a fixed state for them, but just a temporary time of darkness.
  2. We will always see that they were made better and wiser and stronger by these seasons of trouble.
- H. Any child of God who has been on the journey for a while will testify that their experience has been the same.

III. These experiences of being overwhelmed in spirit do not diminish as you grow in grace and knowledge – they sometimes intensify.

- A. But they do become shorter in their duration as you learn what is going on and know how to find the way out of it.
- B. We are involved in the war between the greatest powers of the universe and we are not going to be in the middle of this great war for all that is holy and right without taking a hit once in a while.
- C. The devil is relentless and will never sit idly by while any victory for God and righteousness is won.
- D. Realize that this matter is part of spiritual warfare and when you are in this slough of despond remember that the devil has managed to bring you there.
- E. It is his best weapon against you.
  1. It takes the wind right out of your sails.
  2. It takes away the joy right out of your heart.
  3. It takes the zeal and vision right out of your mind.
- F. The basic trouble we are in when we are in this state is the temptation to have a pity-party for ourselves.

1. When we are in such a state, unless we have learned to be a good soldier of Jesus Christ, our ears are tuned to those voices that are telling us lies about the whole thing.
  2. Voices that say, "No one understands what you are going through."
  3. Or, "You do not deserve this." And "Why did God let this happen to me?"
  4. "You have been mistreated by others and by God, too."
- G. For a person without God it is the end of the line for them right here.
1. They never escape this net that Satan has caught them in.
  2. They become the bitter, unforgiving, hopeless people we see all around us.
- H. For the child of God the voice of the Spirit of God is there speaking peace to them and hope.
1. The Holy Spirit is the comforter and He is faithful in comforting those in whom He dwells.
  2. The devils will cry loudly but the voice of the Shepherd comes without fail to the one who has promised himself to Christ.
  3. His voice leads his wandering lamb back into the fold.

John 14:1 Let not your heart be troubled: ye believe in God, believe also in me.

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Psalm 124:1-8 A Song of degrees of David. If it had not been the LORD who was on our side, now may Israel say; If it had not been the LORD who was on our side, when men rose up against us: Then they had swallowed us up quick, when their wrath was kindled against us: Then the waters had overwhelmed us, the stream had gone over our soul: Then the proud waters had gone over our soul. Blessed be the LORD, who hath not given us as a prey to their teeth. Our soul is escaped as a bird out of the snare of the fowlers: the snare is broken, and we are escaped. Our help is in the name of the LORD, who made heaven and earth.

Psalm 143:1-12 A Psalm of David. Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness. And enter not into judgment with thy servant: for in thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate. I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. I stretch forth my hands unto thee: my soul thirsteth after thee, as a thirsty land. Selah. Hear me speedily, O LORD: my spirit faileth: hide not thy face from me, lest I be like unto them that go down into the pit. Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O LORD, from mine enemies: I flee unto thee to hide me. Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness. Quicken me, O LORD, for thy name's sake: for thy righteousness' sake bring my soul out of trouble. And of thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am thy servant.