



Pastor Joel Pagett

## The Epidemic of Overwhelm

Worries—The Greek word for worry is merinma, which means “pulled in different directions.” When you are pulled in different directions, you are worried. And when you are worried expect to be more reactionary than responsive. Living life means learning how to manage the distractions that will come and unexpected different ways and means!

### God’s Antidote

- Isaiah 26:3 (ESV)

You keep him in perfect peace whose mind is stayed on you, because He trust in you.

Distraction → Shallow Thinking → Shallow Living

Something or someone prevents someone from giving full attention to something else.

Distractions are all around us. As individuals we need to understand the devastating impact distractions have on our lives.

### The Antidote for Distraction is Focus

How do we Focus?

1. Understand what made you loose focus is the first place
2. Remember what your purpose is
3. Draw yourself back to purpose

Expect Life to Change

- Psalms 86:11 (ESV)
- Ezekiel 36:26 (ASV)
- Ephesians 4:23– 25 (WE)

- Proverbs 24:30-34 (ESV)

## Antidote for Shallow Living

Gods plan

- 1 Peter 2:9 (NCV)

Why live small when He created you to be significant

Accept you are human. Take the opportunity to fully reflect Gods creativity, intelligence and communicate it to those around you.

## Steps Forward

Don't live because you have to. Live because you want to.

Learn from your mistakes.

Encourage others.

If God is for you, who can be against you (**Romans 8:31**),  
You are redeemed in the Lord! You may have life experiences that have left you cursed and bruised, but you are on the Lord's side (**Psalms 124:2**)!  
You have got to claim the victory and begin to walk in freedom and divine purpose (**Romans 8:1**).  
Claim your joy; the joy of the Lord is your strength (**Psalms 28:7**).

Stop living a defeated life. Stop speaking death over your circumstances!  
What is the root cause of this perspective? You cannot correct the mindset until you determine the cause. Sometimes you have to encourage yourself. You can either profess blessings and favor or declare curses, your words have POWER (**Proverbs 18:21**)! It is time for you to make the choice to break the curses that have plagued your life; your destiny is depending on it!

- Job 22:28 (AMP)

Commit to it—Speak it Daily—Expect it