

What Do You Do When You're Overwhelmed?

by David Wilkerson

David Wilkerson encourages believers to turn to thanksgiving as a source of peace and assurance during overwhelming times.

Scripture: Psalm 30:12, Psalm 95:2, Psalm 100:4, Psalm 107:22, Psalm 116:17, Ephesians 5:20, Philippians 4:6-7, Colossians 3:15, 1 Thessalonians 5:18, Hebrews 13:15

Topics: "Thanksgiving", "Overcoming Overwhelm"

Description

David Wilkerson shares his personal struggle with feeling overwhelmed and at the end of his rope, expressing his frustrations to God. In a moment of despair, the Holy Spirit prompted him to offer a 'sacrifice of thanksgiving' for all that God has done and will do, shifting his perspective from complaint to gratitude. He emphasizes the importance of giving thanks even in difficult times, citing various scriptures that encourage a heart of thanksgiving. Wilkerson concludes that turning to thanksgiving can bring peace and assurance amidst life's battles.

Transcript

The subject of giving thanks came to me during a time of great personal heaviness. So many problems were piling up that I blurted out to my wife, "I've about had it. I'm at the end of my rope and I just want to disappear!"

Feeling very sorry for myself, I began to complain to God, "Lord, how long will you keep me in this fire? Don't you see how weary my spirit has become? When are you going to answer me, God?"

Suddenly the Holy Spirit fell on me and I felt ashamed. He whispered to my heart, "Just begin to thank me right now, David. Bring to me a sacrifice of thanksgiving for all the things I've done for you in the past and for what I'm going to do in the future.

"Thank me for your family, your health, your ministry. Just give me a sacrifice of thanksgiving and everything will look different. You'll have peace in the battle and I will bless your soul with assurance."

Those words settled my spirit but I wondered what the Lord meant by "a sacrifice of thanksgiving." Searching the Word, I was amazed at all the references I found.

"Let them sacrifice the sacrifices of thanksgiving, and declare His works with rejoicing" (Psalm 107:22).

"I will offer to You the sacrifice of thanksgiving, and will call upon the name of the Lord" (Psalm 116:17).

"Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms" (Psalm 95:2).

And, of course, the most familiar Bible passage on thanksgiving: "Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name" (Psalm 100:4).

When you have no place to turn, turn to thanksgiving! Thank the Lord for his forgiveness, his blessings, his promises, all that he has done and is going to do. In everything, give thanks!

Source: <https://sermonindex.net/speakers/david-wilkerson/what-do-you-do-when-youre-overwhelmed/>

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