

When My Heart is *Overwhelmed*

After this, the Moabites and Ammonites with some of the Meunites came to wage war against Jehoshaphat.² Some people came and told Jehoshaphat, ‘A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar’ (that is, En Gedi).³ Alarmed, Jehoshaphat resolved to enquire of the LORD, and he proclaimed a fast for all Judah.⁴ The people of Judah came together to seek help from the LORD; indeed, they came from every town in Judah to seek him.⁵ Then Jehoshaphat stood up in the assembly of Judah and Jerusalem at the temple of the LORD in the front of the new courtyard⁶ and said: ‘LORD, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you.⁷ Our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend?’⁸ They have lived in it and have built in it a sanctuary for your Name, saying,⁹ ‘If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.’¹⁰ ‘But now here are men from Ammon, Moab and Mount Seir, whose territory you would not allow Israel to invade when they came from Egypt; so they turned away from them and did not destroy them.’¹¹ See how they are repaying us by coming to drive us out of the possession you gave us as an inheritance.¹² Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.’¹³ All the men of Judah, with their wives and children and little ones, stood there before the LORD.¹⁴ Then the Spirit of the LORD came on Jahaziel son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite and descendant of Asaph, as he stood in the assembly.¹⁵ He said: ‘Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: “Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.

Series Theme Verse:

*From the end of the earth I will cry to You,
When my heart is overwhelmed;
Lead me to the rock that is higher than I.*

Psalms 61:2

Overwhelmed: To load, heap, treat, or address with an overpowering or excessive amount of anything; to cover suddenly and completely.

When my Heart is overwhelmed:

1. Run to Jesus

*A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar’ (that is, En Gedi). **Alarmed, Jehoshaphat resolved to enquire of the LORD, and he proclaimed a fast for all Judah’.***
2 Chronicles 20: 2-3

Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

2 Corinthians 1:9

‘Seek’: *Inquire of the Lord, resort to a frequent place. Trample underfoot.*

2. Realign my focus on God

For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.”
2 Chronicles 20: 12

3 Questions to realign our focus:

a. **Are you not?** Focus on Who God is

*LORD, the God of our ancestors, **are you not** the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you.*
V 6

b. **Did you not?** Focus on What God has done and promised *Our God, **did you not** drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend?* V 7

c. **Will you not?** Focus on God’s Character

*Our God, **will you not** judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.*
V 12

3. Rest assured of His power, presence, and peace

He said: ‘Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: “Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.

2 Chronicles 20:14-15

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me

2 Corinthians 12:9