

When My Heart is *Overwhelmed*

¹⁶ Tomorrow march down against them. They will be climbing up by the Pass of Ziz, and you will find them at the end of the gorge in the Desert of Jeruel. ¹⁷ You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the LORD will be with you.”¹⁸ Jehoshaphat bowed down with his face to the ground, and all the people of Judah and Jerusalem fell down in worship before the LORD. ¹⁹ Then some Levites from the Kohathites and Korahites stood up and praised the LORD, the God of Israel, with a very loud voice. ²⁰ Early in the morning they left for the Desert of Tekoa. As they set out, Jehoshaphat stood and said, “Listen to me, Judah and people of Jerusalem! Have faith in the LORD your God and you will be upheld; have faith in his prophets and you will be successful.” ²¹ After consulting the people, Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army, saying: “Give thanks to the LORD, for his love endures forever.”²² As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated. ²³ The Ammonites and Moabites rose up against the men from Mount Seir to destroy and annihilate them. After they finished slaughtering the men from Seir, they helped to destroy one another.²⁴ When the men of Judah came to the place that overlooks the desert and looked toward the vast army, they saw only dead bodies lying on the ground; no one had escaped. ²⁵ So Jehoshaphat and his men went to carry off their plunder, and they found among them a great amount of equipment and clothing and also articles of value—more than they could take away. There was so much plunder that it took three days to collect it. ²⁶ On the fourth day they assembled in the Valley of Berakah, where they praised the LORD. This is why it is called the Valley of Berakah to this day.²⁷ Then, led by Jehoshaphat, all the men of Judah and Jerusalem returned joyfully to Jerusalem, for the LORD had given them cause to rejoice over their enemies. ²⁸ They entered Jerusalem and went to the temple of the LORD with harps and lyres and trumpets.²⁹ The fear of God came on all the surrounding kingdoms when they heard how the LORD had fought against the enemies of Israel. ³⁰ And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side.

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

Reliance on God when my heart is overwhelmed involves:

A. Waiting on God

*For God alone my soul waits in silence;
from him comes my salvation.*

He alone is my rock and my salvation,

my fortress; I shall not be greatly shaken.

Psalms 62:1-2

B. Praise that lifts my perspective

Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army v. 21

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.

Acts 16:25-26

C. Obedience to His Word

Early in the morning they left for the Desert of Tekoa. As they set out, Jehoshaphat stood and said, “Listen to me, Judah and people of Jerusalem! Have faith in the LORD your God and you will be upheld; have faith in his prophets and you will be successful v. 20

i. Victory

As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated v. 22

ii. Provision

So Jehoshaphat and his men went to carry off their plunder, and they found among them a great amount of equipment and clothing and also articles of value—more than they could take away. There was so much plunder that it took three days to collect it. v. 25

iii. Joy

Then, led by Jehoshaphat, all the men of Judah and Jerusalem returned joyfully to Jerusalem, for the LORD had given them cause to rejoice over their enemies. v. 27

iv. Witness

The fear of God came on all the surrounding kingdoms when they heard how the LORD had fought against the enemies of Israel. v. 29

v. Rest

And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side. v.30