

Worship Plan for 'Overwhelmed' sermon series adapted from an original concept by Rev. Amy Probst at Mafair UMC in Kingsport TN.

Scripture	Micah 6:6-8	Matthew 6:25-34	Luke 10:38-42	Romans 12:1-2; Ephesians 3:14-19 (The Message)	John 3:16-17 & 16:33
Key Verse	<i>He has told you, what is good and what the Lord requires from you:</i>	<i>stop worrying about tomorrow, because tomorrow will worry about itself</i>	<i>Martha, you are worried and distracted by many things. One thing is necessary.</i>	<i>Take your everyday, ordinary life, your sleeping, eating, going-to-work, and walking-around life, & place it before God as an offering.</i>	<i>In the world you have distress. But be encouraged! I have conquered the world.</i>
Hymn 1	Just a Closer Walk with Thee FWS #2158	God Will Take Care of You UMH #130	Come Away with Me FWS #2202	Come and Find the Quiet Center FWS #2128	Fairest Lord Jesus UMH #189
Sermon Theme	We often overwhelm ourselves by the expectations we have or allow the world to have for us. God's expectations are simple.	Letting go of worry is hard but Jesus tells us over and over again, God is in control. Anxiety ages us and makes us sick, find peace at the center with God.	We've idealized busyness and feel "lazy" when we stop doing so many things. There's a lot to do in life but Jesus tells us only one thing is actually necessary, nurturing our faith.	Our cluttered homes and minds can overwhelm us but God simply want us to give it all over. God will help us live lives full of God. Clear the clutter, keep what brings joy, give it all to God	All the needs and suffering in the world are so overwhelming. Just watching the news causes anxiety. Jesus reminds us God has conquered the world & is redeeming it.
Sermon Title	Overwhelmed by Expectation	Overwhelmed by Anxiety	Overwhelmed by Busyness	Overwhelmed by Clutter	Overwhelmed by The World
Hymn 2	Lord, You Have Come to the Lakeshore UMH #344	His Eye Is on the Sparrow FWS #2146	The Gift of Love UMH #408	Take My Life, and Let It Be UMH #399	How Great Thou Art UMH #77
Sending Statement	GO: Give yourself a break this week and allow something to 'slide'.	GO: Give yourself the thing that helps you de-stress.	GO: Cancel one thing on your calendar this week. (It will be OK!)	GO: Spend 1 hour this week de-cluttering your surroundings or your spirit.	GO: Find something that restores your hope for our world.
Questions to Ponder	List all the things expected of you in an average week. Circle the ones that are life-or-death. Consider realistically what would happen if you let the other ones go once.	What causes you the greatest anxiety? Is there anything you can do about that thing or situation that you're not already doing?	What have you gained from being busy? What would happen if you spent the day in bed tomorrow?	What things "have" to be done for you to be able to relax? What's your response when clutter starts to build up?	How do you feel after watching the news? Has a news story ever inspired you to do something?

UMH = the United Methodist Hymnal FWS = The Faith We Sing hymnal Unless noted otherwise scriptures come from the Common English Bible
 The 'Sending Statements' and 'Questions to ponder' are printed in our bulletin but only the 'Sending Statement' appears on our screens at the very end of worship.
 This series was used for the 5 weeks leading up to the start of school and our 'Back to Church' Sunday.

Adapted by Rev. Corey Tumpenny, 2017 at Whitney Point UMC, Whitney Point NY