

**SERMON OUTLINE**  
**Personal Conversations with God:**  
*Praying When You Feel Overwhelmed*  
February 28 & March 1, 2026  
Pastor John Zahrte

Intro: Isaiah 38:14b; Luke 1:26b-29

- I. Let go of your \_\_\_\_\_ for \_\_\_\_\_
  - a. Luke 1:34, 37-38
  - b. Psalm 138:8
  - c. Three things to remember about God's plan:
    - i. God's plan is a \_\_\_\_\_ plan
    - ii. God's plan can be a \_\_\_\_\_ plan
    - iii. God's plan is always a \_\_\_\_\_ plan (1 Peter 5:7)
  
- II. Be \_\_\_\_\_ and let others \_\_\_\_\_ you
  - a. Luke 1:39
  - b. Elizabeth was helpful to Mary because...
    - i. She was \_\_\_\_\_
    - ii. She was \_\_\_\_\_
    - iii. She was \_\_\_\_\_
  - c. When looking for someone to be helpful for you...
    - i. Look for a strong \_\_\_\_\_
    - ii. Look for someone a little \_\_\_\_\_ than you
    - iii. Look for someone who can \_\_\_\_\_
  - d. Ecclesiastes 4:9
  
- III. \_\_\_\_\_ God for the \_\_\_\_\_ you need
  - a. Luke 1:45
  - b. John 14:1; Isaiah 43:2-3
  - c. To tap into God's strength...
    - i. Take a \_\_\_\_\_ break (Luke 1:46-47)
    - ii. \_\_\_\_\_ God's Word (Luke 1:46-55)
      1. Psalm 23
      2. John 14:6a
      3. John 3:16

**This week, I will...**

- When overwhelmed, remember that help is just a \_\_\_\_\_ away
- Find someone to be my \_\_\_\_\_ partner or mentor
- Commit to taking praise breaks and \_\_\_\_\_ God's Word