



## When You Feel Overwhelmed

Devotions for the 20-Something Woman

*I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore (Psalm 121:1-2, 7-8).*

Life is hard. So many things want to knock us down and take our breath away. There is pain, worry, anxiety, death, brokenness, and fear that makes life hard. There are times when things feel so low, stressed, or overwhelmed that there seems to be no way out. But there is.

Psalm 121 reminds us that our help is in God, the Creator of the universe, and not in the things of this world. I have clung to this Scripture in recent months as I combat the things in this world that have been trying to overwhelm, consume, and define me. But even when I feel broken and weakened by all of that, I cling to the One from whom my help comes. The One who made me, knows me, and wants what is good for me. God has promised His help to us and gives it freely.

He wants us to lift our eyes to Him in the valleys of life, and to worship and praise Him when we are on the mountain tops. He is there through it all *both now and forevermore* (Psalm 121:8 NIV).

**Prayer:** Creator God, You are bigger than the things of this life. You know me and You define me. Guide me to live my life with that knowledge and lean on You to take on the brokenness of the world. For You are good. You are kind. And You are God. Amen.

*Young Women*  
**IN MISSION**

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