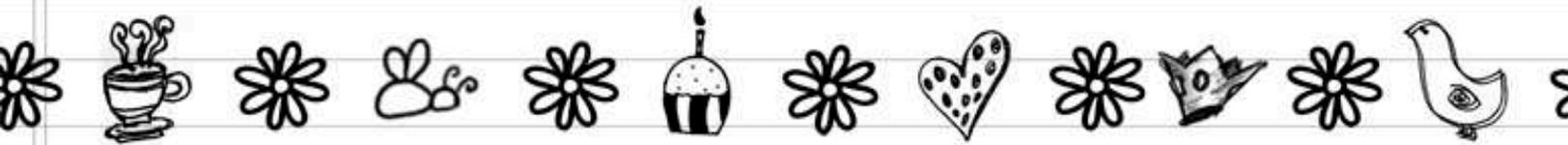


Overwhelmed

Hope and Help for the Financially Weary

Study Guide



9 Weeks of Reflection
(and doodles)



Overwhelmed: Hope and Help for the Financially Weary

Study Guide

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Overwhelmed: Hope and Help for the Financially Weary Study Guide
[Overwhelmed eBook Website](#)

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Chapter 1: Standing In the Eye of a Storm

In Chapter 1, “Standing in the Eye of the Storm”, Richele discusses how fear and a lack of trust prevent you from experiencing God and seeing the blessings within your trial. She challenges you to quit looking for the escape hatch and find the peace within the circumstances of your trial.

Verse Focus

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. --John 16:33

Reflections

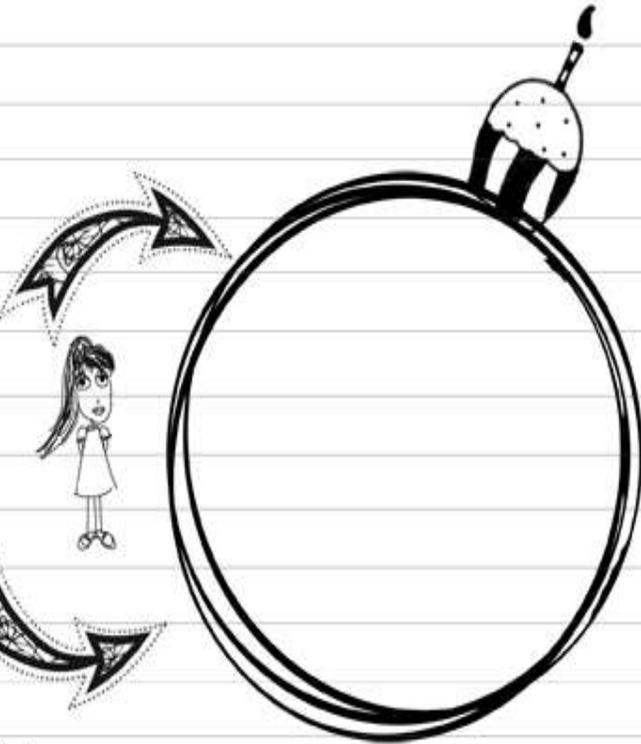
*For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the **love** of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. -- 1 Timothy 6:7-11*

- ❖ Reflect on 1 Timothy 6:7-11. Are you seeking financial security through financial gain or through seeking righteousness, godliness, faith, love, patience, and meekness? Do you believe refocusing your outlook will provide richer gain?
- ❖ What blessings could you be overlooking during your trial? Write down a list of five blessings in your life. Write down a list of five blessings that came as a direct result of your trial. Dig deep.
- ❖ Why do you think it is so hard to surrender complete trust to God?
- ❖ In the chapter, Richele talks letting go of fear and learning to trust the Lord. What are your fears and what is keeping you from laying those fears at the foot of Jesus?
- ❖ Has the enemy used financial trial to crack the foundation of your marriage or cause you to question your worth? How can you guard against it?

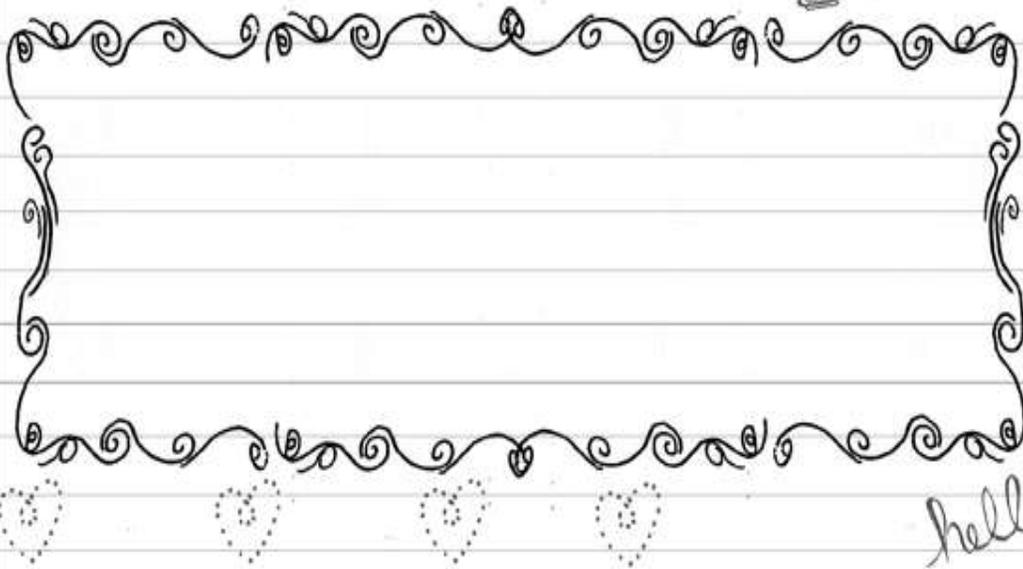
What did I learn from Richele's testimony?



What is God
impressing on me
to start or
to stop doing?



MY PRAYER!



Chapter 2: The Impact of Financial Stress in Marriage

In Chapter 2, “The Impact of Financial Stress in Marriage”, Jasmine gives a raw account of how marriage can suffer through financial trial. When the foundation of your marriage is cracking and your level of anxiety rises, can you survive? Yes, through the grace of God and trusting Him enough to allow failings, you and your marriage can stay intact.

Verse Focus

And he gave them their request; but sent leanness into their soul. Psalm 106:15

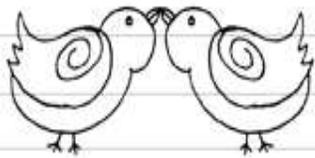
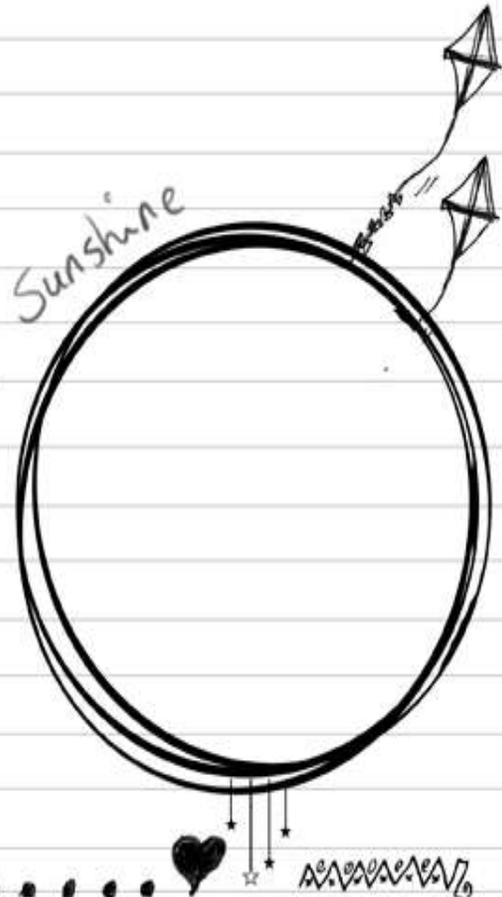
Reflections

- ❖ What effect is your financial situation having on your marriage? If negative, what can you do to change it?
- ❖ Is your husband making decisions that will lead his family down the wrong path in order to please you?
- ❖ Does your husband feel inadequate as a provider as a result of your demanding and controlling spirit?
- ❖ Do you trust God enough to allow your husband to fail?

What did I learn from Jasmine's testimony?

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What is God impressing
on me to 
start or to stop doing?



 My Prayer!..... 



Chapter 3: Living Our New Normal

In Chapter 3, “Living Our New Normal”, Rosann takes on a journey through a life interrupted by trial and loss. She weaves hope through her riches to rags story and teaches us how finding treasure is more about Jesus than panning for gold.

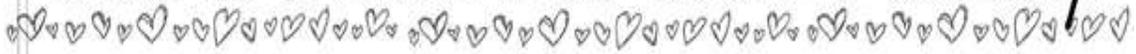
Verse Focus

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. ~ Proverbs 3:5-6

Reflections

- ❖ How much emphasis do my husband and I place on money? Are we consistently worried we won't have enough? Are our lifestyle choices controlled by our faith or by our wallet? Have I let money become an idle?
- ❖ How am I coping with our present circumstances? What specific steps should I take to be more productive for myself and for God while I'm waiting for His plan to unfold in my life?
- ❖ How much time and energy do I spend focusing on my financial hardship? Have I taken time today to count my blessings and thank God for His provision? In what ways am I completely blessed?
- ❖ What has this hardship done for my relationship with God? Is there something He's trying to teach me in this storm? How has this situation changed me? What further action should I take to become the Christian God has called me to be?

What did I learn from Rosann's testimony?



A hand-drawn diagram on lined paper. On the left, a large circle is drawn with a target symbol (three concentric circles with a dot in the center) at the top. Inside this circle, the text "What is God impressing on me to start or to stop doing?" is written in cursive. An arrow points from the bottom of this circle to a large, empty ring on the right. The ring has a crown-shaped gemstone on top. A small heart is drawn to the left of the circle.

A large, hand-drawn box with a wavy, decorative border. The text "My Prayer!" is written in cursive at the top left of the box. The box is mostly empty, intended for writing. At the bottom of the page, there are several small drawings: a fish on the left, a pair of hands with fingers spread in the center, and another fish on the right.

Chapter 4: Surviving the Storm

In Chapter 4, “Surviving the Storm”, Kelly gives a raw account of how marriage can suffer through financial trial. When the foundation of your marriage is cracking and your level of anxiety rises, can you survive? Yes, through the grace of God and trusting Him enough to allow failings, you and your marriage can stay intact.

Verse Focus

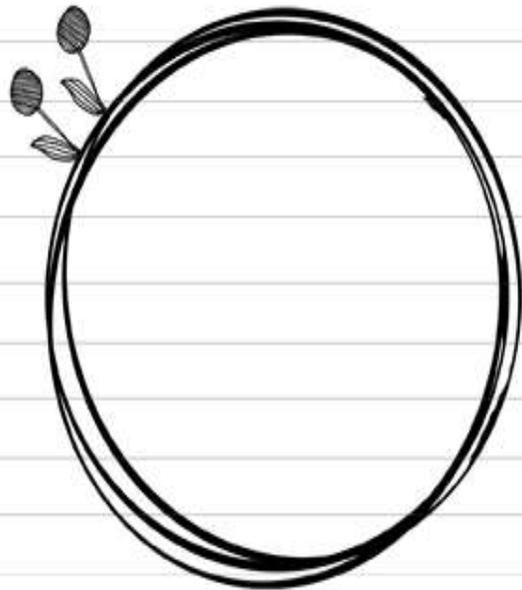
And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:28-34 (ESV)

Reflections

- ❖ Are there areas in my life that I don't believe God is sufficient to handle? (Read Psalm 78) Based on this chapter, am I sinning in my disbelief of God's ability to provide for our basic needs?
- ❖ Am I struggling with a desire to live a lifestyle above our means? If so, how can I commit to praying and working toward an attitude of contentment, no matter how meager our income?
- ❖ Am I being as proactive as I can to use our money wisely, delaying gratification for items that are not truly needs?

What did I learn from Kelly's testimony?

What is God impressing on me to start or to stop doing?



Chapter 5: You're Okay

In Chapter 5, “You're Okay”, Robin gives an account of her family's financial trial and how catching a break may be harder than it seems if Christ is not in the equation.

Verse Focus

That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ: 1 Peter 1:7

Reflections

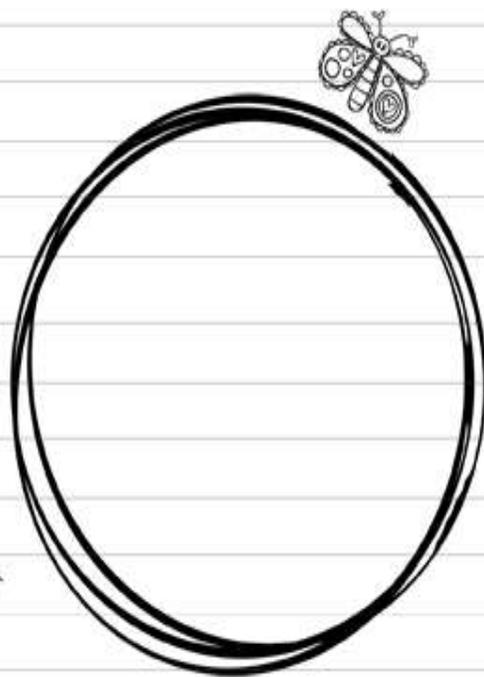
According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body, whether it be by life, or by death. For to me to live is Christ, and to die is gain. But if I live in the flesh, this is the fruit of my labour: yet what I shall choose I wot not. ~Philippians 1:20-22

- ❖ What do you think is the worst thing that could happen to you during this season of trial? Consider the above verse as you answer this question.
- ❖ Is there anything about this trial that you think is too much for you to bear? If yes, what has the Word of God said about the purpose of suffering? Why do you think that you deserve better than you have received?
- ❖ How has your relationship with God in Christ changed since this trial began?
- ❖ If you could ask God to change only one thing about your current circumstance what would that one thing be? Why?
- ❖ Define Joy? What has God promised us in His word about Joy?

What did I learn from Robin's testimony?



What is God
impressing on me
to start or
to stop doing?



My Prayer!



Chapter 6: Surrendering to Live in a Box

In Chapter 6, “Surrendering to Living in a Box”, Jill allows us a front row seat of her life during financial crisis. She speaks of pride, selfishness, and the struggle to learn it is God, not man, we rely on for provision. Her honesty and encouragement bless and give testimony to God’s care in our lives.

Verse Focus

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. James 1:2-3

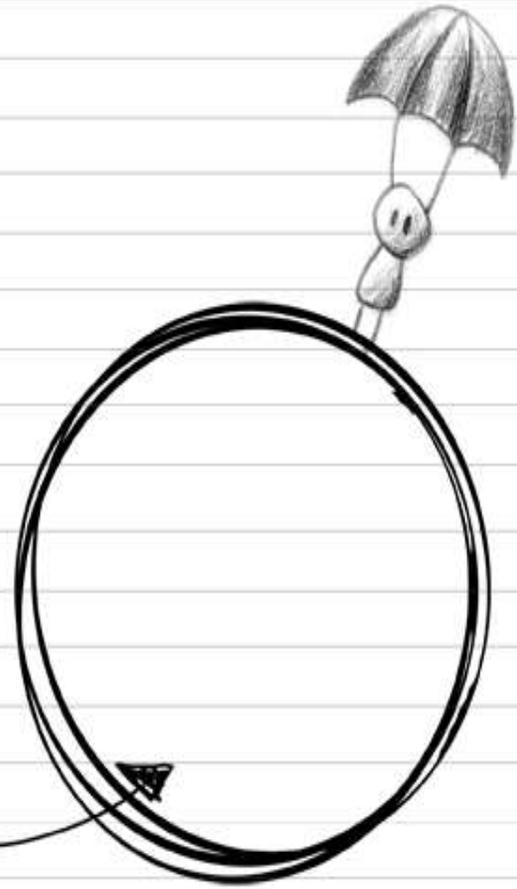
Reflections

- ❖ Are you relying on a job as a source of income or the Lord?
- ❖ Where is pride invading your thoughts during your trial? Dig deep, and see how the weeds of pride will choke out blessings.
- ❖ Jill speaks about how her experience made her family the family it is today; a better family, a family whose trust is no longer misplaced. Can you see how your trial is refining you and your family into something God will use for his glory?
- ❖ Unexpected stressful events happen during financial trial. Even though you may not see it all as God’s plan coming together, can you let go and trust God with your situation?

What did I learn from Jill's testimony?



What is God
impressing on me
to start or
to stop doing?



My Prayer!



Chapter 7: In Search of a Home

In Chapter 7, “In Search of a Home”, LaToya teaches us that shelter is the covering of God’s mercy and promises. She explores how pride can prevent you from blessings the Lord offers through the Body of Christ. Learn to break the chains of pride and shame to discover God’s provision.

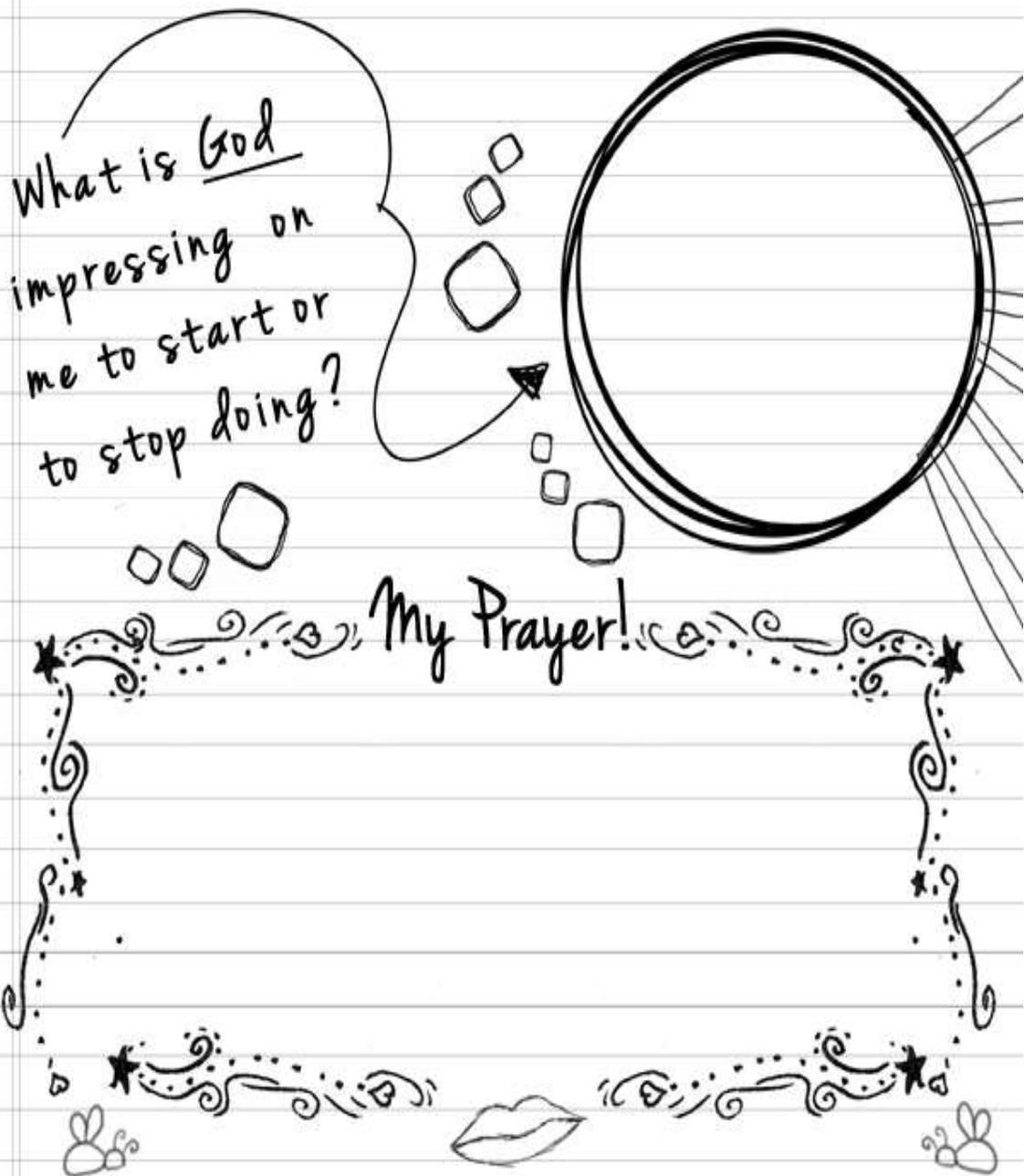
Verse Focus

I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. Psalm 37:25

Reflections

- ❖ Have you ever gone through a trial more than once? What did you learn the second time around?
- ❖ Do you have a go to verse that encourages you in hard times? {Share it or read through Psalm 37 and see if something jumps out at you}
- ❖ Do you struggle with asking for help?
- ❖ What is true homelessness?

What did I learn from LaToya's testimony?



Chapter 8: Dying to Self

In Chapter 8, “Dying to Self”, Melinda shows us that God’s will can be done through you, but that you have to get out of the way first. You are just a small piece of this big, celestial jigsaw puzzle. Your actions affect God’s plan to work through others. Just let go. Quit serving “self”. Start serving God.

Verse Focus

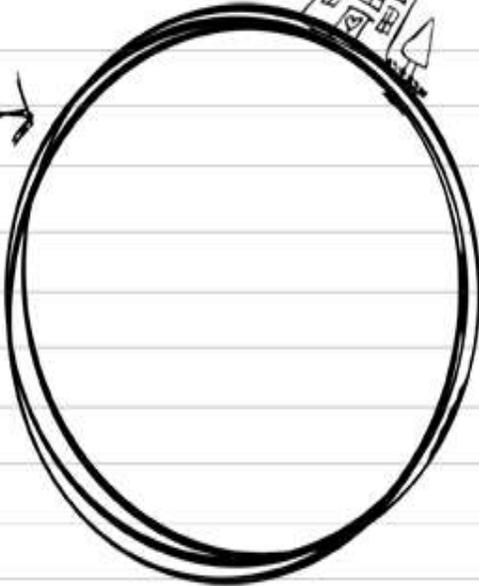
Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Psalm 37:4

Reflections

- ❖ Why are you resisting? What is more important to you than being available to do God’s work?
- ❖ Get out that long list of “I will never...”s and give those to God. Make yourself available to serve God without limitations.
- ❖ What are the “daffodils and plum trees” that God has restored to you?
- ❖ Are you the Christian example that you want your children/family/friends to follow.

What did I learn from Melinda's testimony?

What is God impressing on me to start or to stop doing?



The illustration features a large, empty circle on the right side of the page. On top of the circle is a simple drawing of a house with a chimney. An arrow points from the text box on the left towards the circle. The text box is a rectangle with a dotted line border and a small cartoon face at the top left corner.



My Prayer!



The illustration shows a decorative frame with ornate, dark corners. Inside the frame, the text 'My Prayer!' is written in a large, cursive font. At the bottom center of the frame is a drawing of a girl in a dress holding a flower. Below the frame, there are several small drawings of chickens and a girl.



Chapter 9: God's Provision

In Chapter 9, “God’s Provision”, June shares amazing stories of victory that will give you new hope and revive your faith. Women, just like you, share their stories to glorify God and encourage you. Allow the chapter to put comforting arms around you and remind you that God always provides.

Verse Focus

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? –Matthew 6:25-27 (NIV)

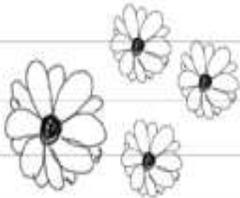
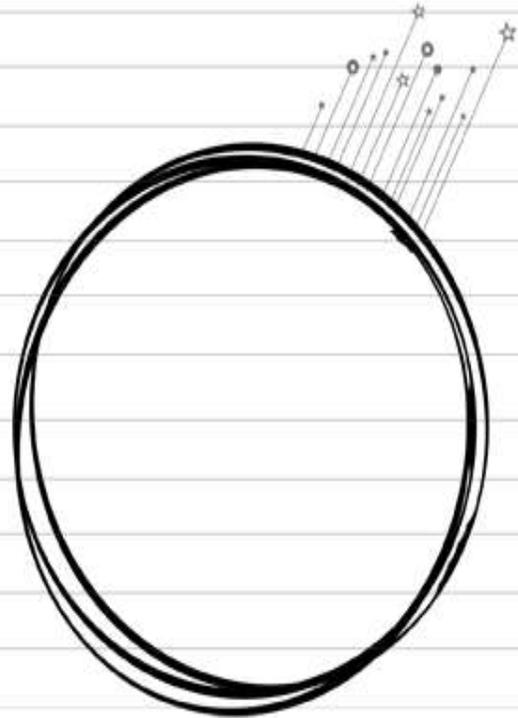
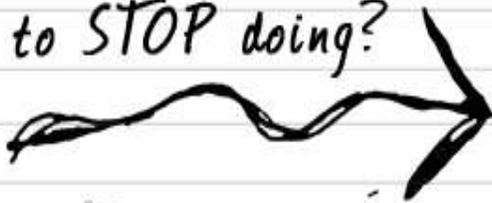
Reflections

“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.” Philippians 4:11-13 (NIV)

- ❖ Do you have a need? If so make a list of your needs (make sure they are truly needs and not wants) and begin praying daily asking God for help and for His provision.
- ❖ How has God provided for you in the past? Yesterday? This week, this month, and last year? Acknowledge the gifts He has bestowed upon you and thank Him. Walk around your day thanking Him for everything and everyone in it.
- ❖ Have you praised Him for what He has done and what He is going to do? Remember Paul in prison—he had learned the secret to being content in every situation. Read and memorize this verse from Philippians 4:11-14 NIV :

What did I learn from June's testimony?

What is God impressing
on me to **START** or
to **STOP** doing?



My Prayer!



Resources

Thanks to all of the wonderful Photoshop artists who made their doodle brushes available through the Deviant Art community:

[RedHeadStock](#)
[Castel Franca](#)
[Cestrelle](#)

And thanks to the font artists whose fonts are made available through

[Font Squirrel](#)

Our awesome red coin purse images were found at

[Deposit Photos](#)