



3 QUESTIONS TO ASK WHEN LIFE FEELS OVERWHELMING

A Practical Reflection Guide from Bethany Church of Christ

"Come to me, all who labor and are heavy laden, and I will give you rest."

— MATTHEW 11:28

When daily pressure builds up, it's easy to feel trapped in survival mode. Use these three self-reflection questions to help unclutter your mind and step toward genuine peace.

1 WHAT AM I CARRYING THAT ISN'T MINE TO HOLD?

THE STRUGGLE

We often exhaust ourselves trying to fix, control, or predict things completely outside our power—like other people's opinions, future outcomes, or past mistakes.

THE ACTION

Write down the #1 thing stressing you out today. Explicitly acknowledge: *"I am not in full control of this, and that is okay."*

2 WHERE AM I LOOKING FOR REST?

THE STRUGGLE

When stressed, we default to "numbing" behaviors (endless scrolling, binge-watching, overworking) that leave us feeling just as tired as before.

THE ACTION

Swap 15 minutes of screen time tonight for quiet silence, a walk outside, or a simple moment of honest reflection.

3 WHAT WOULD IT LOOK LIKE TO ASK FOR HELP?

THE STRUGGLE

Believing we have to figure out life's big questions entirely on our own or carry heavy burdens in isolation.

THE ACTION

Faith isn't about having all the answers; it's about being willing to take a step. Consider asking God for guidance in your own words, just as you are.

Exploring Faith at Your Own Pace

You don't need to have it all together to walk through our doors.

BETHANY CHURCH OF CHRIST | Sundays at 10:00 AM

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