



Christmas is For the Overwhelmed

Luke 1:26-38 | December 14, 2025

Overwhelm happens when life feels bigger than we can handle.

Gabriel's announcement about Jesus included:

- » Jesus is the ultimate leader into the true Promised Land.
- » Jesus is the Son of the Most High God.
- » Jesus is the fulfillment of David's eternal throne.
- » Jesus is the one who reigns over God's people.

When something chaotic happens, we need a plan in place — a "Mind Insurance Policy."

How should I respond when I'm feeling overwhelmed?

- » Acknowledge and name what's happening.
- » Switch from 'you' to 'I.'
- » Move forward with what I know.

A key truth to remember and say when I'm feeling overwhelmed this Christmas season: **I'm not alone.**

NOTES: _____

ANNOUNCEMENTS:

Kids Ministry: Kids Christmas Program on Dec. 14 at 4:00 PM

Youth Ministry: High School Christmas Revival on Dec. 14 at 6:00 PM

WCC Moms: Cookie Decorating on Dec. 17 at 6:00 PM

Christmas Eve on Dec. 24 at 1:00, 2:30, 4:00, 5:30, and 7:00 PM

Download our WCChurch app or scan the QR code for more info or to sign up!



STUDY QUESTIONS

GETTING STARTED:

Share a time when you felt completely overwhelmed. What was happening in your life, and how did it feel?

A DEEPER DIVE:

Read Luke 1:26-38

- What made Mary's situation particularly overwhelming? (Consider her age, social status, engagement, cultural context, etc.)

Reflect on our three application steps when feeling overwhelmed: Acknowledge and name what's happening, switch from you to I, and move forward with what I know.

- Read Luke 1:34. How does Mary demonstrate this first step? Why is it powerful to say out loud what we're experiencing?
- What makes it difficult for us to acknowledge and name our overwhelming feelings? What happens when we try to hide them or push through instead?
- Explain the difference between "window thinking" (blaming others) and "mirror thinking" (taking responsibility). Why does "you" language keep us in victim mode? How does "me or I" language empower us?
- How did Mary avoid blaming God for her situation? What does her response tell us about her relationship with God?
- Read Luke 1:37-38. What did Mary NOT know about her future? What DID she know? How did she move forward despite the unknowns?
- The angel told Mary twice that she was "highly favored." How does knowing we are favored by God help us respond to overwhelming situations?

NEXT STEPS:

Think about a current situation that feels overwhelming. Walk through the three steps:

- **Acknowledge:** What exactly is happening? Name it out loud.
- **Switch:** Where are you tempted to blame others ("you")? How can you reframe it with "I" language?
- **Move forward:** What DO you know? What can you do with what you know?