

# PEACE IN CHAOS

5 VERSES FOR  
OVERWHELMING TIMES

NATASHA BOYKIN

# WHEN OVERWHELM FEELS HEAVY

Life has a way of pressing in. Stress, uncertainty, fear, and loss can leave you feeling heavy and overwhelmed. You're not alone in that feeling.

PSA: your feelings don't have the final word, God's Word does. The Word is steady when everything else feels shaky. It gives light when the path seems dark and peace when the heart feels restless.

This short guide gives you 5 powerful verses to hold onto when overwhelm tries to take over. Each one comes with a simple reflection prompt to help you slow down, reset your focus, and remember who God is and what He has promised.

Think of this as a moment to step away from the noise, open God's Word, and let Him speak directly into your situation. These verses are not quick fixes. They are anchors. As you reflect, you'll see how Scripture turns your focus from your feelings to your faith—and from your storms to your Savior.

Let's walk through this together.

# HOW TO USE THE GUIDE

## VERSE

Let's walk through the first verse together so you see how this works.

*"When my heart is faint, lead me to the rock that is higher than I."*

*Psalm 61:2, ESV*

Reflection: When you feel small and crushed by life, God is still higher. He is the Rock above your storm. His stability never shifts.

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Application: Where do I usually turn first when I feel overwhelmed? *Is it people, distractions, or yourself?* Whatever the vice, be honest about it and write down one shift you want to make instead.

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Prayer: *Pray this short prayer*: "Lord, steady me when I am faint. Ease my mind on the things above as I begin to turn my heart from \_\_\_\_\_ to YOU!"

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# VERSE

*“Fear not, for I am  
with you; be not  
dismayed, for I am  
your God; I will  
strengthen you, I will  
help you, I will uphold  
you with my righteous  
right hand.”  
Isaiah 41:10, ESV*

Reflection: God doesn't only give strength—He gives Himself. His presence is your confidence. His hand holds you steady.

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Application: What fear am I holding that I need to lay in His hands today?

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Prayer: God, remind me that You are with me and upholding me.

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# VERSE

*“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls...”  
Matthew 11:28-30, ESV*

Reflection: Rest isn't found in escaping or ignoring your burden. It's found in coming to Jesus. He carries what crushes you.

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Application: What heavy load do I need to bring to Jesus instead of trying to carry alone?

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Prayer: Lord, teach me to come to You first when I am weary.

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# VERSE



*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God...”*  
*Philippians 4:6-7, ESV*

Reflection: Anxiety fills the mind with noise. Prayer re-centers the heart in peace. God’s promise is not the removal of problems but the gift of His guarding peace.

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Application: What worry do I need to turn into prayer right now?

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Prayer: God, replace my anxious thoughts with Your peace.

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# VERSE

*"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."*

*John 16:33, ESV*

Reflection: Trouble is promised, but so is victory. Jesus doesn't say "you might face hardship," but "you will." Yet in the same breath, He says, "I have overcome."

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Application: Where do I need to shift from fear of the world to faith in Christ's victory?

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Prayer: Jesus, help me to take heart, knowing You have overcome.

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# FAITH THAT STANDS STEADY

These five verses remind you of a steady truth, overwhelm is real, but God is greater. He lifts you when you are faint, upholds you when you fear, gives you rest when you are weary, guards you with peace in your anxiety, and secures you with victory over every trial.

The key is not to read these verses once and move on. It's to return, again and again, until they sink deep into your heart. When you return to these verses, I submit to you to reflect:

- Which of these verses speaks most directly to your current season?
- How might you carry one verse with you this week (writing it down, memorizing it, or praying it daily)?
- What new verse could you add to your own “anchor list” for the next storm you face?

The more you return to God's Word, the more your faith will grow. The Bible is not only for study, but for life application.

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This is a taste of the full journey found in *From Feeling to Faith* and the *Leader's Guide*.

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