



## WONDERFUL WEDNESDAYS WITH JESUS

WEDNESDAY, JUNE 3, 2026

“When You’re Holding On By A Thread”  
God’s Response When We Almost Lose It  
Primary Foundation Text: Psalm 94:17–19 (NLT)

### Supporting Texts

- Isaiah 41:10
- 2 Corinthians 4:8–9
- 1 Kings 19:1–18
- Mark 4:35–41
- Philippians 4:6–7

### Introduction

There are moments in life when people appear composed publicly while privately struggling emotionally, mentally, spiritually, and physically.

Sometimes people are:

- exhausted,
- discouraged,
- overwhelmed,
- disappointed,
- grieving,
- mentally drained,
- spiritually frustrated.

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The Bible does not ignore these realities.

In fact, Scripture repeatedly shows faithful people who reached moments where they almost lost: • courage,

- clarity,
- confidence,
- peace,
- emotional balance.

Tonight's lesson reminds us that God specializes in sustaining people who are barely hanging on.

## **I. God Understands Human Fragility — Psalm 94:17–18**

The Psalmist openly admits:  
“I am slipping.”

That statement reveals vulnerability, emotional honesty, and human limitation.

Key Teaching Truth: God never demanded perfection before offering support.

The Bible consistently shows real people with real struggles.

Biblical Examples:

- Elijah asked God to let him die.
- David battled despair.
- Jeremiah wanted to quit preaching.
- Peter sank while walking on water.
- Paul admitted being troubled on every side.

Discussion Question: Why do you think many believers struggle to admit when they are overwhelmed?

## **II. Pressure Can Affect the Mind, Emotions, and Spirit — Psalm 94:19**

“When doubts filled my mind...”

The Hebrew idea suggests anxious thoughts, troubling thoughts, divided thoughts, and overwhelming inner turmoil.

Teaching Point:

Spiritual people still experience emotional strain.  
Faith does not eliminate human emotion.

Supporting Scripture:

2 Corinthians 4:8–9 — “We are pressed on every side by troubles...”

Many people today are emotionally overloaded because of:

- financial stress,
- family strain,
- caregiving pressure,
- grief,
- social instability,
- constant bad news,
- unrealistic expectations,
- social media comparison.

Discussion Question:

What are some modern pressures that quietly wear people down emotionally?

### **III. God’s Presence Sustains Us During Emotional Collapse — Isaiah 41:10**

“Don’t be afraid, for I am with you.”

God’s promise is not:

“You will never struggle.”

God’s promise is:

“You will not struggle alone.”

Sometimes God does not immediately remove the pressure—He strengthens the person carrying it.

Example: Elijah — 1 Kings 19:1–18

After great victory on Mount Carmel, Elijah collapsed emotionally.

Notice God’s response:

- God let him rest.
- God fed him.
- God spoke gently.
- God reassured him.
- God gave him renewed purpose.

Discussion Question:

What can we learn from how God treated Elijah in his exhaustion?

#### **IV. Jesus Brings Peace Into Internal Storms — Mark 4:35–41**

The disciples panic during the storm while Jesus remains calm.

Key Observation:

The storm outside created a storm inside them.

External pressure can create internal anxiety.

Yet Jesus speaks:

“Peace, be still.”

God can:

- calm racing thoughts,
- steady troubled hearts,
- restore emotional balance,
- renew spiritual confidence.

#### **V. God’s Peace Guards the Mind — Philippians 4:6–7**

“Then you will experience God’s peace...”

Peace is not always the absence of problems.

Biblical peace is God-given stability in the middle of problems.

God’s peace:

- guards the mind,
- stabilizes emotions,
- renews hope,
- protects perspective.

#### **Practical Takeaways**

When You Feel Like You’re About to Lose It:

1. Talk honestly to God.
2. Stop carrying everything alone.
3. Rest is spiritual.
4. Stay connected to worship and the Word.
5. Remember that God is still holding you together.

## Closing Encouragement

Many people in this season are functioning while fatigued.

But tonight's lesson reminds us:  
God sees the struggle nobody else sees.

And even when we feel like we are slipping...  
God's unfailing love still supports us.

So before you say:  
"I'm done..."

Remember: God has been holding you together all along.