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Overwhelmed - Bible Study Book

Perry Noble

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The **Overwhelmed Bible Study Book** includes a six-session small-group experience, individual study, applicable Scripture, and a leader guide.

Between financial struggles, family dynamics, health issues, and the typical problems of everyday life, it's easy to feel weighed down and trapped by our circumstances. And it's tempting to just throw in the towel and quit. Perry Noble has stood at the edge of the abyss himself. In this Bible study, he shares the keys to unlocking the chains of anxiety and despair once and for all?shifting our focus from our circumstances to Christ. Perry walks readers through a life-altering plan for overcoming stress, worry, depression, and anxiety so we can be free to enjoy the abundant, joy-filled lives we were created for.

Features:

- Personal study segment
- 6-sessions with group and personal components

Benefits:

- Learn specific steps you can take to win the war against worry
- Discover the joy and freedom in dependence on Christ
- Get practical tools needed to help others through trying times

Author:
Perry Noble is the founding and senior pastor of NewSpring Church in South Carolina, which averages more than 32,000 people during weekend services at multiple campuses across the state. Perry is a gifted communicator and teacher, convicted about speaking the truth as plainly as possible. God has given him a vision and a passion for helping people meet Jesus, and each week he shares God's Word and its practical application in our daily lives. His previous book, **Unleash!** has helped many people learn how to break free from normalcy. His latest book, **Overwhelmed** tells his personal story of his battle with depression and how people can find hope in a world that feels hopeless.

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