

## **Save the SAHM Podcast-June**

### **POWER UP!**

Episode #19 – Why do we feel powerless at times?

1. **What makes us feel powerless?**
  - a. Being out of control of your circumstances
  - b. Financial hardship
  - c. Not being heard/being overlooked
  - d. Not having a choice
2. **Feeling powerless affects our:**
  - a. Mental health
  - b. Quality of life
  - c. Performance
  - d. Self-confidence
  - e. Ability to see clearly
3. **We can do something about it**
  - a. Dig into Scripture
  - b. *2 Timothy 1:7 “for God gave us a spirit not of fear but of power and love and self-control.”*
  - c. Stop the cycle
  - d. Change your thought paths; be positive
4. **Don't be a doormat!**
  - a. Stop allowing people to take your choice/control
  - b. Don't allow people to speak negatively over you
5. **Remember who you are**
  - a. Power is your birth right in the Kingdom of God

**\*Today's Take Away: I'm as strong as I want to be.**