

# Pause Point



**Do I feel overwhelmed, and what does that feel like?**

**What are the balls that I'm juggling?**

**Is there a ball I'm juggling that's not mine?**

**Am I taking on someone else's assignment?**

[It might be God's. It might be another person's.  
This is not an invitation to define whose  
assignment it is, just to clarify that it's not yours.]

**Now let's ask another important question:**

*Lord,  
What is my one assignment  
in the midst of this situation,  
in this season, or with this person?*