**Keys To Overcoming Weariness**

**Introduction: This word Weariness came to mind a couple weeks ago and I feel led to share on this subject tonight because I believe that this message will help those of us who currently are feeling weary and help equip others to avoid falling victim to weariness of the Soul.**

Weariness isn’t a word we use often in our daily conversation but, you will hear this word used in the scriptures. It refers to when a person reaches a point of exhaustion. Most of us are familiar with what physical exhaustion looks and feels like “weak muscles, laboring to breathe, etc”. As hard as it is to deal with exhaustion physically, it is much more dangerous of a situation to experience exhaustion in your Soul (Mind, Will, and Emotions). This is because when we are tired mentally and emotionally, our ability to reason and make sound decisions is weakened, thus creating an open door for failure and defeat to show up in our lives. This is a strategy of the enemy to push us to a place where we as believers are weary, because then we are more vulnerable to deception and temptation.

**Task Number One: Identify Sources of Weariness**

*Matthew 24:12 AMPC*

*And the love of the great body of people will grow cold because of the multiplied lawlessness and iniquity,*

One major source of weariness we all have to face is through exposure to the loose morals, negative attitudes, and overall of sinfulness of others in the world around us. Hearing negative words and seeing destructive images can draw us to a place where we can become numb to things going on around us.

*2 Peter 2:8 NLT*

*Yes, Lot was a righteous man who was tormented in his soul by the wickedness he saw and heard day after day*.

Two other major sources of weariness are: **Trials and Persecutions**.

Whenever we are presented with a truth from God’s Word there is going to be an attack on that Word instigated by the enemy in order to outright steal that Word or choke out the ability for the seed of God’s Word to grow. We can see our Lord explain this to us plainly in Mark 4.

*Mark 4:14-20 KJV*

*The sower soweth the word. [15] And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts. [16] And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness; [17] And have no root in themselves, and so endure but for a time: afterward, when affliction or persecution ariseth for the word's sake, immediately they are offended. [18] And these are they which are sown among thorns; such as hear the word, [19] And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful. [20] And these are they which are sown on good ground; such as hear the word, and receive it, and bring forth fruit, some thirtyfold, some sixty, and some an hundred.*

*Mark 4:14-20 NLT*

*The farmer plants seed by taking God’s word to others. [15] The seed that fell on the footpath represents those who hear the message, only to have Satan come at once and take it away. [16] The seed on the rocky soil represents those who hear the message and immediately receive it with joy. [17] But since they don’t have deep roots, they don’t last long. They fall away as soon as they have problems or are persecuted for believing God’s word. [18] The seed that fell among the thorns represents others who hear God’s word, [19] but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced. [20] And the seed that fell on good soil represents those who hear and accept God’s word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!”*

Listener beware, anytime you are presented with a Truth from God’s Word that can set you free, don’t be surprised if things happen around you that seem to contradict what you heard. This is likely to be a tactic of the enemy to get you to give up on seeing God’s Word come to pass in your life.

The Three Keys to Overcoming Weariness

**Key One: Having A Positive Expectation of Good**

*Isaiah 40:28-31 KJV*

*Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. [29] He giveth power to the faint; and to them that have no might he increaseth strength. [30] Even the youths shall faint and be weary, and the young men shall utterly fall: [31] But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*

The word wait here in verse 31 based on Strong’s definition along with Brown-Driver-Briggs definition means to expect, look for, hope, look eagerly for. Something to consider when we examine the concept of expectation is to look at the effect that it has on us mentally.

**Key Two: Finding & Fulfilling God’s Will In Your Life (Walking in Your Purpose)**

*John 4:31-34 KJV*

*In the mean while his disciples prayed him, saying, Master, eat. [32] But he said unto them, I have meat to eat that ye know not of. [33] Therefore said the disciples one to another, Hath any man brought him ought to eat? [34] Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.*

When we look at this passage of scripture we Jesus referring to doing God’s will as meat or food. As we know food is used by our physical body to energy for our bodies to function. Food is also used (specifically proteins) are used to repair and develop muscle tissue in the body. Jesus makes the comparison that as physical food energizes and repairs the physically, so it is with the well being or prosperity of our souls when we find and fulfill God’s will for ours lives.

We can see examples of people amongst the body of believers as well as in the secular world who have tapped into their God given talents and abilities and we marvel at their gifts and talents on display. This is how a bible teacher or preacher can spend 8-10 hours reading and studying and enjoy it. This is how an athlete can train and practice for 12 hours or a musical artist can stay in the studio for two days, because they are utilizing their gift.

This specifically applies to us as believers because when we know that we are living in God’s will for our lives then it will create a fortitude in our souls that develops a resistance to weariness.

**Key Three: Remembering Jesus’ Sacrifice for You**

*Hebrews 12:1-3 NKJV*

*Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, [2] looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. [3] For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.*

This last key draws on the love that Jesus displayed for us when He endured the stripes on His back for our healing, when He endured the crown of thorns on His head for our Peace, when He shed His blood and endured death for the forgiveness of our sins, as we put His act of love in remembrance it will both remind of His promised deliverance and give us the motivation to not cave in and quit in the face of trials and persecution.

**Jesus calls you to enter into His rest:**

*Matthew 11:28-30 NKJV*

*Come to Me, all you who labor and are heavy laden, and I will give you rest. [29] 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. [30] For My yoke is easy and My burden is light.”*