

WHEN . . .

Part 1: When You Feel Weary

WHEN NOT IF

A. Life can wear on you

1. Going through difficult times
2. The day to day grind
3. Feeling stuck - don't appear to be making progress

B. The Creator of life knows all about life (*Hebrews 10:35-36 NKJV*)

1. Written to believers catching heat from their culture
2. These were people on the right path
3. The writer was encouraging endurance - to receive God's promises

EVEN JESUS (*Hebrews 4:15 NKJV*)

A. Jesus our example and highest standard

1. He dealt with the temptations we all deal with

B. Even Jesus became weary (*John 4:4-8 NIV*)

1. Jesus showed His human side - the journey made him tired
2. He sat and rested in a place where He could be replenished

C. But Jesus did not lose sight of the bigger picture

1. He was willing to engage with a woman with a hungry heart and a shaky life (*John 4:35 NIV*)

WHEN YOU FEEL WEARY

A. Rest up - don't give up

1. This is not where you throw your confidence away
2. Don't get down on yourself
3. Hit the pause button - a temporary change in your schedule
4. Don't talk a lot or make big decisions

B. Nourish up - don't veg out

1. Vegging out is a great escape but it doesn't make you stronger
2. When you are weary is exactly the right time to make yourself go to church
3. Time with God and His word will put good things in you (*Acts 20:32 NIV*)

C. Look up - don't look down

1. When we get weary the tendency is to see things from a negative perspective
2. We can look up because we believe something different (*Psalms 27:13 NKJV*)