

Soul Fatigue

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Galatian 6:9-10; Matthew 11:28-30

Introduction – From most forms of fatigue we cannot escape. Physical fatigue is a daily reality. Mental fatigue consistently visits those who know real life requires reflection. Emotional fatigue invades our inner world when life becomes too heavy. But there is a weariness we must avoid! Soul fatigue is the most dangerous form of exhaustion. It tempts us to quit on who we need the most, God. It entices us to quit on what we need the most, God’s will, God’s plan, God’s best.

I. What causes soul fatigue?

1. Failure to replenish. We must continue to replenish our spiritual resources by spending time every day in the Bible and prayer (Psalm 1:1-3).
2. Misplaced priorities (Matthew 6:33; 1 Kings 3:1-3).
 - a. Where we are today is largely determined by the way we prioritized our concerns in previous months and years. This means that we can positively impact our future by organizing our priorities according to biblical guidelines.
3. Spirit of weariness (Daniel 7:25)
 - a. The “long game” of warfare. Most believers approach spiritual warfare like they are either playing checkers or, even worse, dodge ball. Satan always plays chess! He strategically weaves things into the church and society over decades and even generations. *Michael K. Lake, Th.D.*
 - b. The Holy Spirit wants to give you a refreshing; lead you beside still waters.

II. Soul fatigue’s remedies.

1. Remember the Sabbath.
2. Walk in God’s path (Jeremiah 6:16).
3. Run to Jesus (Matthew 11:28-30).
4. There is a refreshing in the presence of the Lord (Acts 3:19).