

**Agape House of Worship  
Mid Week Bible Study  
Wednesday, July 21, 2021**

**Topic : The Power of Rest**

Main Text: *Isaiah 40:31 - but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

**Introduction:** I want to ask you a simple question and I need you to give it a thought before you answer: What is the difference between being weary and being tired? I used to use it interchangeably but they are not the same.

You could also call it spiritual fatigue, or spiritual weariness which is a lack of strength to push forward; in other words, when we feel spiritually drained, defeated, and at times sick of trying.

**According to Google:**

*As adjectives the difference between tired and weary is that tired is in need of some rest or sleep while weary is having the strength exhausted by toil or exertion; tired; fatigued.*

*Weary implies the subject is tired because they were beaten down by something. Tired implies you didn't get enough sleep.*

I have recently experienced weariness and have learned from these low points that God always walks with me. When I am spiritually drained, if I press into Jesus, I come through stronger, closer to God, and more mature in my faith.

Spiritual weariness is inevitable because of the seasons and trials of life. But we don't have to stay there. If you are not in alignment with God, you can get weary. And to put that in the opposite, if you want to operate in God's rest, align yourself with His will. Get Jesus, get rest.

There are many examples of spiritual weariness in the Bible. When we study the bible, it helps us realize that even the great heroes of the Bible struggled and experienced weariness.

Weariness isn't new because there are instances in the bible where you read incidents about people getting weary.

*Num 21:5: and the people speak against God, and against Moses, 'Why hast thou brought us up out of Egypt to die in a wilderness? for there is no bread, and there is no water, and our soul hath been weary of this light bread.'*

*2 Sam 21:15:Afterwards, war broke out between the Philistines and Israel, so David went down to fight the Philistines. David became weary,*

*Proverbs 30:1-3:The man declares, I am weary, O God; I am weary, O God, and worn out. Surely I am too stupid to be a man. I have not the understanding of a man. I have not learned wisdom, nor have I knowledge of the Holy One."*

**What is Weariness?**

To be weary is a condition whereby your entire self is in a state of depletion. Weariness is as much about your soul as it is your body. It can include having your emotional, relational and, yes, spiritual tanks simply emptied out. - Scott Cochrane, Vice President- International, Global Leadership Network.

Spiritual weariness is also referred to as spiritual fatigue or a lack of strength to push forward; in other words, when we feel spiritually drained, defeated, and at times sick of trying. Everyone experiences spiritual weariness. It is part of the process of growing in our personal relationship with Jesus.

**Why Do We Feel Spiritually Weary?**

There are many things in life that can lead to spiritual fatigue. When we identify what causes us to feel spiritually drained, we can address the issue before we start to feel hopeless and distant from God. It helps to recognize triggers to spiritual

fatigue and try to manage and eliminate them as much as possible. It requires us to examine our relationships, habits, and spiritual disciplines.

Although we experience many unpleasant situations in life, they don't have to hold us captive and diminish our trust in God, his faithfulness, or His ability to guide us toward spiritual healing and fulfilling His plan for our lives.

How Do You Know You Are Weary? I have some listed here but I want you to go ahead and throw some in the chat.

### **Signs of Weariness**

- 1) Cynicism - Cynicism is a widespread skepticism of the integrity or professed motives of others. It is looking at the world through a negative, jaded, disdainful lens, as it is a general distrust of the integrity or professed motives of others. This perspective is not only exhausting, but causes great loss of hope, draining our soul of health, wholeness, and a positive outlook.
- 2) Negative Self-Talk – We no longer view ourselves in the light of God's truth, but instead compare ourselves to the world and its false truths, setting ourselves up for failure and frustration – resulting in negative self-talk and self-perception.
- 3) Loss of Physical, Spiritual, and Emotional Energy– A weary soul drains both emotional and physical vitality from our body, mind, and spirit, leading to physical, emotional, and even spiritual exhaustion, complacency, and apathy. A good night's sleep, a nap, or even a vacation may temporarily assist, but any gains are short-lived.
- 4) Abandonment of Goals and Dreams– A weary soul loses its ability to dream as hope fades, causing “dreaming muscles” to literally atrophy, resulting in not only not progressing, but in some cases regressing in terms of ambitions and goals.
- 5) Impatience with Others– Was there a period when you relished the company of others more than now? Do you get annoyed and irritated easily and have little to no patience? Do you have a fear of meeting new people? We have nothing to contribute when our souls are exhausted, therefore we are easily disturbed and angered by almost everyone and everything.
- 6) Jealousy and bitterness – This is something I don't hear too often talked about as a sign of weariness but it was one of the emotions I went through.
- 7) Unrelenting feeling of loneliness - When the soul goes in this exhaustion zone, you may find yourself distanced from your family and friends. That does not mean that it will only be a physical stretch but it could be on mentally, emotionally and spiritually grounds as well. It may become difficult for you to trust or rely on others. And you feel alone and lonely in this entire world.

### **What do you do when you're Weary?**

- RETRACE YOUR STEPS...
- WHAT CHANGED?
- GO BACK TO GOD
- RETREAT
- TOTAL SURRENDER

**PLAYLIST ON MY YTCHANNEL – Titled Weary, I'd be glad to share it if you want it.**

### **Scriptures for a Weary Heart**

Isaiah 40:28-30 ESV

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted.

Matthew 11:28-30 ESV

Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

Isaiah 40:29-31 ESV

He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Matthew 11:29-30 ESV

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. For my yoke is easy, and my burden is light.”