

## "I am exhausted!"

### Keys to overcoming tiredness and walking in the zeal and strength of God

Judges 8:4 When Gideon came to the Jordan, he and the three hundred men who were with him crossed over, exhausted but still in pursuit.

#### **1. Understand Stress and learn to manage it - We all have limits**

#### **2. Avoid self imposed stress**

Luke 10:38-42 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house.

39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word.

40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."

41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things.

42 "But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

- Martha did not operate in peace but anxiety
- Negative emotions will rob you of energy
- Get your life out of continual crisis. Some people go from one crisis to another as a way of life. Count it all joy instead of making a big deal about everything. Avoid creating crisis to get people to feel sorry for you.

#### **3. Protect your daily devotion & meditation** ~ Do the things daily that bring you victory!

*Protect your time with the Lord – Do it first and it will not be taken from you!*

Ephesians 3:16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,

#### **4. Learn to say no to the unimportant and lower priority.** Just don't say no to God!

*Success comes from what we say "no" to.*

#### **5. Rely on supernatural strength**

Matthew 11:28-30 "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."

Q) Why did Brownsville Revival not burn people out staying up past midnight for months? It was supernatural ability.

#### **6. Expend more energy.** Exercising 3-5 days a week, for 30 minutes or more increases your energy level

1 Timothy 4:8 For bodily exercise profits a little ...

#### **7. Take a vacation**

Mark 6:30-32 Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught.

31 And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat.

32 So they departed to a deserted place in the boat by themselves.

**8. Honor the Sabbath (A day of rest).** Sabbath is more than a day – it is a principle of life. If God rested on the seventh day, how much more should we!

#### **9. Sleep**

Psalms 127:1-2 Unless the Lord builds the house,

They labor in vain who build it;

Unless the Lord guards the city,

The watchman stays awake in vain.

2 It is vain for you to rise up early,

To sit up late,

To eat the bread of sorrows;

For so He gives His beloved sleep.

#### **10. Use common sense (God gave you a brain for a reason)**

Go see a doctor - If your spouse thinks you should go see a doctor stop being stubborn and go.

#### **11. Recognize the spiritual warfare around you**

Ephesians 6:10-11 Finally, my brethren, be strong in the Lord and in the power of His might.

11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

**12. Have a sense of destiny.** People who sit at home and watch TV 12 hours a week have less strength. Lazy people have less energy than anyone.

Proverbs 19:24 A lazy man buries his hand in the bowl, And will not so much as bring it to his mouth again.

**13. Learn to delegate** – You can't do it all yourself. *If you are burned out you are not delegating*

**14. Watch your confession.** Speak what you want - Strength.

Joel 3:10 Let the weak say, "I am strong."

Philippians 4:13 I can do all things through Christ who strengthens me.

**ex-haus-tion** *noun*

**1. MED extremely tired or weak state:** a state of extreme physical or mental tiredness or collapse

**2. act of exhausting something:** the process of using up the entire stock or contents of something.

