

HOW TO PUSH THROUGH WHEN YOU'RE TIRED

RC BLAKES

Let's be honest about something right from the start: everyone experiences fatigue. It is a universal human condition. You can experience it physically after a long week, emotionally after walking through a difficult season with a loved one, or spiritually when it feels like your prayers are hitting the ceiling and bouncing back. Being tired is not a sign of weak faith; it is simply a sign that you are human. The real danger, however, is that weariness often strikes right before the breakthrough.

GALATIANS 6:9

And let us not be weary in well doing: for in due season we shall reap, if we faint not.

The enemy of your soul knows this better than anyone, and he often attacks hardest when you are weakest, hoping to convince you to quit just before your victory arrives.

One of the most famous passages on this topic offers not just comfort, but a powerful promise.

ISAIAH 40:30-31

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

This scripture validates our struggle by acknowledging that weariness is normal, but it immediately points us toward the source of renewal. The key variable is not the absence of struggle, but the placement of our hope.

1. GET HONEST WITH GOD

When you are running on empty, the first thing you need to do is change your

posture toward God.

Pretending you are okay when you are falling apart is exhausting in itself, and it is completely unnecessary. God is not intimidated by your honesty; He invites it. We see this invitation clearly in the Psalms.

PSALM 62:8

O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Notice the instruction is to “pour out” your heart, not to politely present a filtered version of it. The prophet Elijah gives us a masterclass in this. Immediately following his monumental victory on Mount Carmel, he was so depleted—physically, emotionally, and spiritually—that he sat under a tree and asked God to take his life. God’s response was not a theological lecture or a rebuke for his lack of faith.

Instead, God sent an angel with fresh bread and a jar of water. He ministered to Elijah’s physical body first, allowing him to rest and recover. Pushing through does not mean ignoring your limits; it means bringing your honest exhaustion to the God who is your refuge.

QUOTE: “You must be honest with yourself about where you are if you ever hope to get to where you want to be.” – Bob Proctor

2. FIX YOUR EYES ON THE GOAL

Once you have been honest about your condition, you must intentionally remember your “why.”

Pain is temporary, but purpose is eternal. When your feelings scream at you to stop, your purpose whispers for you to push. The book of Hebrews gives us the blueprint for this kind of endurance.

HEBREWS 12:1-3

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set

before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

IMPACT POINT

The Secret to Endurance is Focus.

This passage reminds us that Jesus Himself endured the cross, the most exhausting and agonizing death imaginable, “for the joy set before him.” That joy was you. That joy was your redemption. If Jesus could push through the cross for the joy of relationship with you, you can push through your current trial for the joy set before you. A marathon runner does not focus on the burning in their lungs; they fix their eyes on the finish line. Reconnecting with your divine calling and remembering who is waiting for you at the finish line has a way of reigniting a dying flame.

Quote: “People with goals succeed because they know where they’re going.” – Earl Nightingale

3. TAP INTO GOD’S STRENGTH, NOT YOURS

You will eventually hit a wall if you are relying solely on your own strength. Human willpower is a limited resource. The good news of the Gospel is that you have access to a different power source entirely.

God’s strength is not just for when you are weak; it actually works best in your weakness. The Apostle Paul pleaded with God to remove a “thorn” in his flesh, some source of great difficulty. God’s response revolutionized Paul’s understanding of strength.

2 CORINTHIANS 12:9-10

Each time he said, My grace is all you need. My power works best in weakness.; So now I am glad to boast about my weaknesses, so that the power of Christ can work through me... For when I am weak, then I am strong.

Our weakness is not a barrier to God’s work; it is the very prerequisite that allows His power to flow through us unobstructed. Even Jesus, in His humanity,

experienced this. In the Garden of Gethsemane, as He faced the cross, He was in such agony that He sweated like drops of blood. He was at the end of His human capacity.

LUKE 22:43

An angel from heaven appeared to him and strengthened him.

If the Son of God needed supernatural strengthening in His moment of exhaustion, how much more do we? Admit your weakness. Stop striving. Pray a simple prayer: "Lord, I can't, but You can. Live through me today."

Quote: "The starting point of all achievement is desire. Keep that desire constantly burning in your heart and mind." – Napoleon Hill

4. STAND FIRM AND WAIT

Finally, understand that sometimes pushing through looks like simply not quitting. It looks like standing your ground and waiting. The same verse from Isaiah that gives us the promise of soaring on wings like eagles also defines the path to get there.

ISAIAH 40:31 AMP

But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power.

The Hebrew word for "wait" here does not mean passive sitting around. It means to actively bind or twist together, like strands of a rope. It is an expectant, hopeful clinging to God. It is a decision to hold on tightly, refusing to let go. This is the same idea Paul writes about in his letter to the Ephesians.

EPHESIANS 6:13

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Paul tells us that after all the action, the praying, and the preparation, the final instruction is simply to stand. Do not retreat. Do not fall. Just stand in the victory that Christ has already won for you.

Quote: "The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them." – Bob Proctor

Quote: "Success is the progressive realization of a worthy ideal." – Earl Nightingale

Quote: "Strength and growth come only through continuous effort and struggle." – Napoleon Hill

The journey may be long, and the weariness may feel overwhelming, but there is a guaranteed reward for those who refuse to give up.

GALATIANS 6:9

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Weariness is not a sign that you are on the wrong path; it is often a sign that you are deep in the fight and the harvest is near. So tonight, pour out your heart to God honestly. Fix your eyes on Jesus.

Exchange your weakness for His strength. And make the unshakeable decision to stand firm. The proper time is coming. Your harvest is on its way.

CLOSING PRAYER

Father, I come to You weary and honest, just as I am. Thank You that You welcome me without rebuke.

I fix my eyes on Jesus. I remember why I run and I refuse to be distracted.

I stop relying on my own strength. I receive Your grace and I declare that Your power works best in my weakness.

**I will not quit. I stand firm on Your promises. The harvest is coming and I will reap if I do not give up.
Strengthen me now by Your Spirit. I push through in Jesus mighty name.
Amen.**