

Why Christians Quit — And How to Keep Going

Opening Passage: **Galatians 6:9 (NKJV)** — *“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”*

Key Idea: Weariness is real. Quitting is tempting. God calls us to keep going because the harvest *will* come.

I. Discouragement — When Your Heart Grows Heavy

Psalms 42:11 (NKJV) — *“Why are you cast down, O my soul?... Hope in God.”*

- Discouragement hits every believer.
- People fail us; God does not.
- Keep your eyes on Christ, not circumstances.

Application: Shift your hope back to the Lord—He never fails.

II. Failure — When You Feel You’ve Let God Down

Proverbs 24:16 (NKJV) — *“For a righteous man may fall seven times and rise again...”*

- Failure is not final unless you quit rising.
- God uses failure to shape character.

Application: Get up one more time than you get knocked down.

III. Loneliness — When You Feel Forgotten

Hebrews 13:5 (NKJV) — *“I will never leave you nor forsake you.”*

- Ministry and life can feel isolating.
- The Holy Spirit lives in you—you are never alone.

Application: Lean into God’s presence, not your feelings.

IV. Moral Failure — When Sin Finds a Foothold

1 John 1:9 (NKJV) — *“If we confess our sins, He is faithful and just to forgive...”*

- Everyone wrestles with sin.
- Confession restores fellowship, not salvation.

Application: Keep short accounts with God. Don’t let guilt push you away from the church.

V. Financial Pressure — When Life Tightens

Philippians 4:19 (NKJV) — *“And my God shall supply all your need...”*

- Money problems crush spirits quickly.
- Faithful stewardship brings stability.

Application: Honor God first; trust Him with the rest.

VI. Anger — When Bitterness Takes Root

Ephesians 4:31 (NKJV) — *“Let all bitterness, wrath, anger... be put away from you.”*

- Anger poisons you more than the person you’re angry with.
- Bitterness spreads like infection.

Application: Pray for the person you’re tempted to resent.

VII. Burnout — When You’re Running on Empty

Isaiah 40:31 (NKJV) — *“...those who wait on the Lord shall renew their strength...”*

- Overcommitment exhausts the soul.
- God renews those who slow down and seek Him.

Application: Serve, but don’t try to carry everything.

VIII. Physical Health — When Your Body Rebels

2 Corinthians 12:9 (NKJV) — *“My grace is sufficient for you...”*

- Stress, pressure, and emotional burdens take a toll.
- God strengthens you in weakness.

Application: Care for your body as you care for your soul.

IX. Marriage & Family Strain — When Home Hurts

Joshua 24:15 (NKJV) — *“As for me and my house, we will serve the Lord.”*

- Family conflict makes people withdraw from church.
- The church is *exactly* where hurting families need to be.

Application: Walk through the storm—don’t isolate.

X. Busyness — When Life Crowds Out God

Matthew 6:33 (NKJV) — *“Seek first the kingdom of God...”*

- When everything is “urgent,” spiritual priorities suffer.
- God blesses ordered lives.

Application: Put God first; everything else finds its place.

Conclusion

- Don't grow weary.
- Don't quit.
- God sees. God sustains. God rewards.
- *“In due season we shall reap if we do not lose heart.”*