

# Battle Weary

## I: Introduction & Prayer

### II: Elijah - 1 Kings 19:3-4

How did Elijah get to this point? if we are honest we know how exhausting and emptying it is to walk with the Lord because no matter how much He is for us, no matter how much He provides for us and sustains us, answers our prayers, shows us His glory - there is an enemy that fights against us and that constant onslaught of pressure, tension, and oppression, is intense and draining.

If we are honest, we also know that God doesn't always work things out according to our expectations. We serve, we live, we love, we give but sometimes we don't always get out what we put in. God's economy isn't always predictable. The "pay back" of a Christian life lived well isn't always what we expect, the outcome isn't always what we want, things don't always go the way we think they should go.

In these verses Elijah is done. Maybe you feel done. Elijah has seen the power of God, He has fought for the Lord, but he is exhausted.

- **Being weary isn't a bad thing...necessarily**

Sin can cause weariness. Striving in our flesh for earthly desires and ambition can produce weariness

However, **weariness isn't always a negative consequence or a product of wrong choices.** Elijah trusted the Lord, he prayed, he walked with God and yet Elijah still became weary. So weary that he wanted his life to end.

- **Many ways to weariness**

- We can grow weary in doing good - when we don't see fruit of our labor; when we feel alone in the fight;
- seasons of life can be weary - newborn babies, toddlers, teenagers, aging parents can bring weariness;
- circumstances outside of our control - sickness, death, financial struggles, marital problems, the list is endless with all that the world has to offer that brings us to a point of weariness - exhaustion, soul heavy, physically spent, emotionally empty, at the end of ourselves - just like Elijah.

- **The Lord's response to weariness - 1 Kings 19:5-8**

After rest and food for his body, God leads Elijah to a place where he is recommissioned.

### III: Perspective makes a difference

Sometimes God is working and we are so close to what He is doing, He is so close to us that we can't see Him. He is so much closer than I realize and He is working - He is working all things out for my good and His glory. I have to trust in His plan, I have to believe He is good, I have to rest in His sovereignty.

### IV: My encouragement: Seek refuge instead of running to the wilderness

Instead of running to a place, let's run to a Person. God is our refuge - "He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust'...He will cover you with his feathers, and under his wings you will find refuge..." Psalm 91:1-2,4

## **V: Recovering from weariness**

Should we pray more? Yes! Prayer is:

- Our release (it allows us to get out our feelings, our thoughts and to be honest with ourselves and the Lord)
- Our relief (to be seen, heard, understood),
- Our rest (peace in the knowledge of His faithfulness, His goodness, His grace, His sovereignty)

Should we read our Bibles more? Yes! Know truth - not how we feel, not what we think, not what we hear others say, know the truth of God's word and how to discern His Words from the lies of the enemy. God's Word is food for our spirit.

Is there grace when we are at the end of ourselves, exhausted by the world, beat up and battle weary? YES!!

Do we stay here - depressed, spiritually malnourished, unable to carry on? NO!! Just as God wasn't done with Elijah, He isn't done with us yet, either.

- **Jesus is the answer - Matthew 11:28-30**

If we are mad, frustrated, exhausted and one moment away from turning our backs - what do we do? How do we even muster the desire to do anything but surrender to the enemy?

The Holy Spirit - Romans 15:13 | The gift of the Holy Spirit that we received when we believed by faith that Jesus died on the cross for our sins and rose from the dead, that gift gives us hope - that hope allows us to "come to Jesus" even when in our earthly, fleshly fits of frustration we want to do anything but "come to Jesus"

By the power of the Holy Spirit we come to Jesus in prayer, in worship, in reading His Words. And then we come to Jesus again and again and again. We want immediate resolution, instant victory and are discouraged when that isn't what He offers to us. But He offers us much more. He offers Himself to us. Is Jesus enough for us?

## **VI: How do we fight back?**

- **Know you aren't fighting alone**

Deuteronomy 20:4, Exodus 14:14, Deut 1:30 - When you are weary, remember HIS faithfulness. He will never leave, He will never forsake. He will never fail

- **Take control of your thoughts.**

Philippians 4:8-9 | We can control our thoughts. We can determine what we think about, what we set our minds on, what we allow in our thoughts and the places our thoughts take us.

## **VII: How do we muster the courage to press into the fight instead of retreat?**

- **Consider the progress you are making and celebrate the trial for what it will produce.**

If you have continued to stand and resisted the temptation to wave the white flag, you are stronger than you give yourself credit for - you are closer to the Lord than you realize. It is His power being made perfect in your weakness that is producing perseverance, endurance.

- **Find people to stand with you.**

Isolation is sabotage

### **VIII: What's the point?**

God promises beauty from ashes. - Isaiah 61:3

Psalm 3:3-4

The testimony, the power of God made real in my life is the beauty. The ashes no longer remain, He has redeemed and restored. He has lifted my head. What a feeling.

### **IX: What's my part?**

- **Honesty** with yourself, with trusted, godly support people, and before the Lord.
- **Grace** - accept help and support.
- **Worship** gives us the opportunity to focus on our Savior and to rest in His power and promises. Psalm 63:1-3

Continuing to strive, ignoring the problem, pretending you are ok, wearing the badge of weariness to bring glory on ourselves, and refusing grace will not bring peace, rest or victory.

Ultimately It isn't about us - the Holy Spirit in us gives us hope - hope that is found in Jesus Christ, the anchor for our soul. God fights for us. The pressure is off of us to get fixed, to be productive, to be normal. Come to Jesus. Come to Jesus again and again. Make Him your refuge. He will give you rest, He will continue to walk before you, with you, and behind you to use your testimony to bring glory and honor to His great name.

### **X: Conclusion**