

Unseen: Fighting The Battles You Can't See
The Weight of Weariness
Discover Church
Mark Phillips
10/26/25

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9

STAYING IN THE GAME

1. Weariness isn't just **physical**

"He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep." 1 Kings 19:4-5

Eleven Signs of Burnout

1. Passion fades
2. Numbness is default emotion
3. Disproportionately angry
4. Everybody drains you
5. You become cynical
6. Nothing satisfies you
7. Can't think straight
8. Productivity drops
9. Self-medicating
10. Don't laugh anymore
11. Sleep and time off don't help

2. Why we get **spiritually tired**

- We fight **alone**

“Then a voice said to him, “What are you doing here, Elijah?” He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” 1 Kings 19:13-14

- We fight in our **own strength**
- We fight without **rest**

“That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” 2 Corinthians 12:10

3. Jesus offers us **rest**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

4. How to rest **God’s Way**

- **Sabbath**

“Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” Mark 2:27-28

- **Solitude**

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35

- **Stillness**

“Be still, and know I am God.” Psalm 46:10

- **Scripture**

“The law of the Lord is perfect, refreshing the soul.” Psalm 19:7

- **Surrender**

5. The rest Jesus **offers**

“That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion.” Mark 4:35-38

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27

“For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:14-21

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6. Weariness isn't just _____
7. Why we get _____
- We fight _____
 - We fight in our _____
 - We fight without _____
8. Jesus offers us _____
9. How to rest _____
10. The rest Jesus _____

Scripture: Galatians 6:9; 1 Kings 19:4-5, 13-14; 2 Corinthians 12:10; Matthew 11:28-30; Mark 2:27-28; Mark 1:35; Psalm 46:10; Psalm 19:7; Mark 4:35-38; John 14:27; Ephesians 3:14-21