



The Park Church: Corporate Bible Study

LIFE OVER LIES – LESSON 12

*CHOOSING LIFE IN THE MIDST OF EXHAUSTION AND RESIST
RESIGNATION*

PSALM 143 (THE MESSAGE)

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Looking Back, Moving Forward

2 CORINTHIANS 1: 1-11

HOW DO YOU CHOOSE LIFE WHEN THE LEVEES BREAK
AND ALL YOU CAN SEE IS DEATH, DYING, DEMISE,
FAILURE AND DESTRUCTION?

▶ **LIES**

- *REAL FAITH DOESN'T FEEL OVERWHELMING*
- *BEING OVERWHELMED MEANS BEING ABANDONED*

▶ **TRUTH: CHOOSING LIFE**

- Being helpless does not mean being hopeless
- Put hope in the continuousness of God
- Knowing that we are supported and sustained by the prayer of by others

How do you choose life in the midst of **exhaustion** and **resist resignation**?

▶ **Exhaustion:**

A deeper state of fatigue. Persistent overwhelming depletion of physical, emotional and/or cognitive resources.

▶ **David's Experience:**

"The enemy hunted me down; he kicked me and stomped me within an inch of my life. He put me in a black hole, buried me like a corpse in that dungeon. I sat there in despair, my spirit draining away, my heart heavy, like lead."

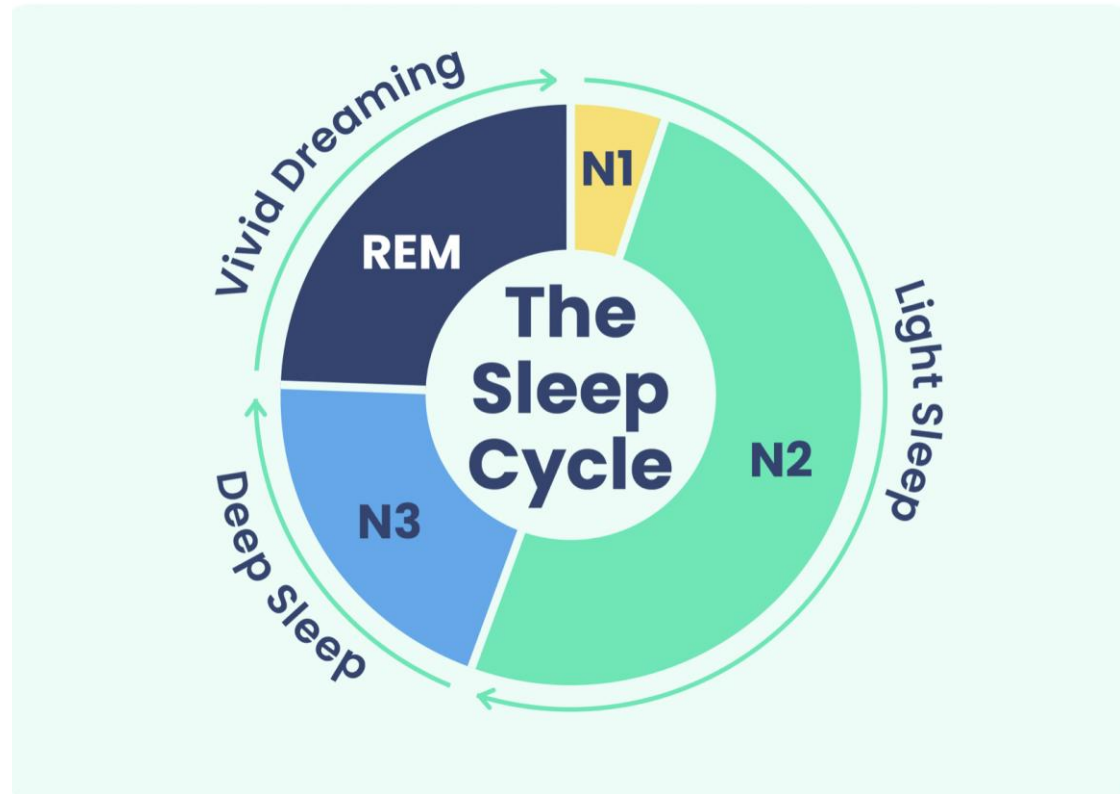
-Psalm 143: 3- 4, MSG

**“Sleep loss and cognitive fatigue reduce flexible thinking and increase black and white thinking when you are dealing with a matter of gray.”
When people can’t see alternatives a crisis might feel inescapable**

” -Bishop Claude R. Alexander

- ▶ Don't make major decisions when you are tired
- ▶ Take a nap!

Does your picture look somewhat like this?



Lies: What the Enemy Says When Exhausted

▶ **Exhaustion: reduces our ability to cope**

- Catastrophic Thinking
- Extreme highs and lows
- Anxiety rises
- unable maintain relationships

▶ **Resignation sets in**

- I might as well...quit _____.

▶ **Lies:**

- There is no way out of this
- You can't keep going
- Isolation: Nobody cares
- What's the use of living

How do you choose life in the midst of exhaustion and resist resignation?

Remember the days of the Lord

▶ **Guidance:** Abram/Abraham

- Now the Lord had said to Abram: "Get out of your country, from your family and from your father's house, to a land that I will show you. – **Genesis 12:1**

▶ **Deliverance:** Children of Israel – **Exodus 14**

▶ **Supernatural Provision:** Manna – **Exodus 16**

▶ **God's Protection:** The 3 Hebrew boys –
Daniel 3:16-28

▶ **Being God's Choice:**

Jesse presented his seven sons to Samuel. Samuel was blunt with Jesse, "God hasn't chosen any of these." ¹¹ Then he asked Jesse, "Is this it? Are there no more sons?" "Well, yes, there's the runt. But he's out tending the sheep." Samuel ordered Jesse, "Go get him. We're not moving from this spot until he's here." ¹² Jesse sent for him. He was brought in, the very picture of health—bright-eyed, good-looking. God said, "Up on your feet! Anoint him! This is the one." – **1 Samuel 16:10 -12**

▶ **Victory:** David and Goliath – **1 Samuel 17**

▶ **Forgiveness:** Scandal with Bathsheba – **Psalms 51**

How do you choose life in the midst of exhaustion and resist resignation?

▶ **Stretch out to God – Physical demonstration**

"Stretched out my hands to you, as thirsty for you as a desert thirsty of rain."

- Psalm 143:6

How do you choose life in the midst of exhaustion and resist resignation?

▶ Rest on the integrity of the Lord

“Keep up your reputation, God—give me life! In your justice, get me out of this trouble! In your great love, vanquish my enemies; make a clean sweep of those who harass me. And why? Because I’m your servant.” – Psalm 143:11 and 12