



## Sermon Notes / Outline

August 17, 2025

### OVERCOMING, Week 6 OVERCOMING EXHAUSTION

Weary: Physically or mentally exhausted by hard work exertion or strain, fatigued, tired.

Exhaustion leads to:

\_\_\_\_\_ problems

\_\_\_\_\_ problems

\_\_\_\_\_ problems

\_\_\_\_\_ problems

I am most vulnerable to sin and temptation when I am

H \_\_\_\_\_

A \_\_\_\_\_

L \_\_\_\_\_

T \_\_\_\_\_

*"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 (NIV)

Rest: The refreshing, quiet or repose of sleep. Refreshing, ease or inactivity after exertion or labor. Relief or freedom, especially from anything that wearies troubles or disturbs. A period or interval of inactivity, repose, solitude or tranquility.

I can trade \_\_\_\_\_ for \_\_\_\_\_, and  
\_\_\_\_\_ for \_\_\_\_\_

*"But he said to me, My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 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 12:9-10 (NIV)