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**HOW TO KEEP GOING WHEN YOU ARE WEARY**

Dr. Mike Wells

TEXT: Galatians 6: 9, *“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”*

INTRODUCTION: This is a fast paced world we live in, and we have fast paced Independent Baptist churches.  It is very interesting that the name of the great church of Antioch in the Bible means “fast as a chariot.”  That church was a great soul winning church, and a church that operated like a runaway chariot.  How?

1. IN MY **PERSONAL LIFE** (When you are weary, here are some things you can do in your personal life that will help you deal with your weariness...)
   1. Make your walk with God priority.
      1. The greatest tool you have to lift your spirits when you are at an all-time spiritual low is your WALK WITH GOD.
      2. Organize your quiet time and prayer life.
      3. Have a set time and place to be alone and to meet with God, free of distractions.
      4. Keep your appointment.
      5. Come apart or you will come apart. Matthew 14:23, *And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone*.
   2. Don’t ever make a major decision when you are weary.
      1. One of the worst times to make major decisions is when you are weary.
      2. There are four times that are the most dangerous times to make major decisions. I Kings 18:21, “...*How long* ***halt*** *ye between two opinions?*”
         * 1. **H**ungry
           2. **A**ngry
           3. **L**onely
           4. **T**ired
2. Build your inner strength. Proverbs 24:10, “*If thou faint in the day of adversity, thy strength is small.”*
   * 1. Realize that when we get weary, it is a spiritual problem. Ephesians 3:16, “*That he would grant you, according to the riches of his glory, to be* ***strengthened with might by his Spirit in the inner man;****”*
        1. When your spirit is right then you can get through anything. Proverbs 18:14a, “*The spirit of a man will sustain his infirmity…”*
        2. When you have been spiritually wounded, thereby causing you to be weary, sometimes it makes it hard to bear life’s burdens. Proverbs 18:14b, “…*but a wounded spirit who can bear?”*
     2. We should walk guard around our spirit and protect it.
        1. Keep an excellent spirit. Proverbs 4:23,“*Keep thy heart with all diligence; for out of it are the issues of life.”*
        2. Never stay discouraged long. Acts 1:10-11, “*And while they looked stedfastly toward heaven as he went up, behold, two men stood by them in white apparel; Which also said, Ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven.”*
        3. Never give up. Luke 13:33, “*Nevertheless I must walk to day, and to morrow, and the day following: for it cannot be that a prophet perish out of Jerusalem.”*
     3. Sometimes we have to “PUT ON” and make ourselves do right and practice holy living when we are weary because our flesh doesn’t want to do it. Ephesians 4:24,*“And that ye* ***put on the new man****, which after God is created in* ***righteousness*** *and* ***true holiness****.”*
     4. Build the inner man and you will withstand outer pressure. I Peter 2:1-2, “*Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, As newborn babes, desire the sincere milk of the word, that ye may grow thereby:”*
        1. When you are weary, the tendency is to react rather than to act. Proverbs 25:28,“*He that hath no rule over his own spirit is like a city that is broken down, and without walls.”*
        2. When you are in control of your own emotions, then you will be more apt to be in control when difficult situations or temptations arise. Proverbs 16:32, “*He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”*

d. Find someone that is having a tougher time than you are and be a need-filler in their lives.

1. Look for ways to serve the people. Philippians 2:4-5, "*Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus:*
2. Look for ways to be a blessing.
   1. Serving people involves meeting needs.
   2. Doing something for people in order to be a blessing goes beyond serving and shows you care.
   3. When you strive to lift someone else’s burden, you will find that it makes your burden feel lighter. Matthew 11:28-30, “*Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”*
      * + 1. On purpose, control what or who you allow to influence you.
3. Run with those who are doing what you want to do. Proverbs 13:20, “*He that walketh with wise men shall be wise: but a companion of fools shall be destroyed*.”
4. Get weekly sermons of great men of God and listen to them. Romans 10:17, “*So then faith cometh by hearing, and hearing by the word of God.”*
5. Listen to godly music that speaks to the heart. (Example–David’s harp with Saul, I Samuel 16:14-18)
6. Let your critics tell you what you will not tell yourself. (Don’t take it personal; listen to them talk; thank them for their insight; take note of the one or two areas that they might be right in; decide to work on those areas; discard the rest.)
   * + - 1. Learn to be real; learn to be comfortable in your own skin.
7. Learn to laugh. Proverbs 17:22, *“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”*
8. Learn to laugh at yourself. Proverbs 15:15, “All *the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.”*
9. Smile a lot. Proverbs 15:23, “*A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.”*
10. Be friendly to everybody. Proverbs 18:24, “*A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.”* Proverbs 17:17, “*A friend loveth at all times, and a brother is born for adversity.”*
11. IN MY **FAMILY LIFE** (When you are weary, here are some things you can do in your family life that will help you deal with your weariness.)
    1. Make your home a little “heaven” on earth.
12. Love the fire out of your wife and family. Ephesians 5:25, “*Husbands, love your wives, even as Christ also loved the church, and gave himself for it;”*
13. Do not unload on your wife. II Corinthians 2:1-2, “*But I determined this with myself, that I would not come again to you in heaviness. For if I make you sorry, who is he then that maketh me glad, but the same which is made sorry by me?”* I Peter 3:7, “*Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.”* (Realize she is the weaker vessel; she is an emotional creature and will handle “bad news” differently than you do, so it is unwise to dump your burdens on her.)
    1. Keep things right between you and your wife. (Why? Because when you are weary and things aren’t going well, you need at least one person on your side and in your corner.)
14. Don’t ever go to bed angry at each other or with unresolved problems. Ephesians 4:26, “*Be ye angry, and sin not: let not the sun go down upon your wrath:”*
15. Discuss disagreements as soon as possible; don’t compound the problem by holding it in or sharing it with others. Proverbs 25:8-10, “*Go not forth hastily to strive, lest thou know not what to do in the end thereof, when thy neighbour hath put thee to shame. Debate thy cause with thy neighbour himself; and discover not a secret to another Lest he that heareth it put thee to shame, and thine infamy turn not away.”*
16. Learn to say, “I’m sorry.” Matthew 5:23-24, “*Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.”*
17. It is okay to let someone else have their own way as long as it doesn’t violate Bible principle. Romans 12:10,*“Be kindly affectioned one to another with brotherly love; in honour preferring one another;”*
18. Realize most divorces happen over females or finances; therefore….
    1. Personally get out of debt and stay out of debt so you can invest in your family first and your people second.
    2. The ministry is obviously time consuming but we shouldn’t sacrifice our family for the sake of helping others.
    3. We should invest our time, talent, and treasures in God, our family, and our ministry–in that order.
19. IN MY **SOUL WINNING** (When you are weary, here are some things you can do in your soul winning that will help you deal with your weariness.)
    1. Set personal goals:
20. Set a personal goal to win one person a day to the Lord.
21. Set a personal goal to have one person baptized a week.
    1. Set a goal to have five people baptized every Sunday in your church or area of ministry.
    2. Let souls being saved excite you!
    3. Love the average Sunday.
22. Be responsibility-oriented and not result-oriented.
23. Preach/teach to the five as if you had fifty or five hundred.
24. Give God your all every week and not just on big days or during campaigns.
25. Do your best and hang the rest.
26. IN MY **MINISTRY** (When you are weary, here are some things you can do in your ministry that will help you deal with your weariness.)
    1. Write down a list of problems your people are having.
    2. Get an applicable thought from the Bible every day to answer one of those problems and counsel them to try to help them. Proverbs 19:21*, “There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand.”* Proverbs 20:5, “*Counsel in the heart of man is like deep water; but a man of understanding will draw it out.”*
    3. Be available to see your people Sunday and Wednesday nights after church; let them know that you are available.
    4. If five people have the same problem, preach or teach on the solution.
    5. Never preach on a problem without giving a Bible solution to that problem.
    6. Do not be one man in the pulpit and another man in private.
    7. Lose yourself in your preaching.
    8. Be the kind of pastor you always wanted to have.

1. IN MY **WORK** (When you are weary, here are some things you can do in your work that will help you deal with your weariness.)
   1. Schedule all 168 hours of your week.
2. For your protection, as in the instance of David and Bathsheba when he didn’t keep his schedule. II Samuel 11:1-5
3. To keep you diligent and on track with projects that are time sensitive. Proverbs 3:1-2 – “*My son, forget not my law; but let thine heart keep my command-ments: For* ***length of days****, and long life, and peace, shall they add to thee.”*
4. Avoid time wasters. Trivial matters will distract you and hinder you in your work; avoid them if you can. If not, take care of them quickly and then get back to your schedule.
5. Create work for yourself. Carry 3 x 5 cards and give problems a time slot for solving.
6. Create work for others. Learn to delegate the things that anyone can do so you can concentrate on the things that you feel that only you can do.
7. Learn to concentrate on one thing at a time.
   1. Rise up early and stay up late and work. Proverbs 31:15-18, “*She* ***riseth also while it is yet night****, and giveth meat to her household, and a portion to her maidens. She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard. She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good:* ***her candle goeth not out by night****.”*
   2. Practice a good work ethic; just be diligent and keep going even when you’re weary.
8. Be a giver not a taker. Ephesians 6:5-7, “*Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ; Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart; With good will doing service, as to the Lord, and not to men: “*
9. Be a detail-oriented person. Notice the little things and correct them immediately. (Example: Saul was chasing his father’s donkeys when he was set aside and anointed to be king by Samuel; David was watching his father’s sheep when he was brought forth to be anointed king. They were taking care of the little things.)
   1. If you don’t learn to take care of the little things, they eventually pile up and become a big thing.
   2. When you are weary, you tend to become more irritable and the little things are more likely to “set you off” and irritate you if you don’t take care of them.