

4. Don't Give Up – Double Up!

- Exodus 17:11-13, NIV – *(10) So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. (11) As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. (12) When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up -- one on one side, one on the other -- so that his hands remained steady till sunset. (13) So Joshua overcame the Amalekite army with the sword.*

5. Don't Give Up – Eat Up!

- Psalm 119:28, NIV – *“My soul is weary with sorrow; strengthen me according to your word.”*
- John 4:32, NIV - *But Jesus said to them, “I have food to eat that you know nothing about.”*
- Proverbs 25:25, NIV – *“Like cold water to a weary soul is good news from a distant land.”*
- Isaiah 50:4, NIV – *“The Sovereign LORD has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught.”*

SUMMARY

If you are becoming weary in doing good:

- Don't give up – Look up!
- Don't give up – Lighten up!
- Don't give up – Measure up!
- Don't give up – Double up!
- Don't give up – Eat up!

PERSEVERING THROUGH WEARINESS

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INTRODUCTION

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

THE DANGERS OF WEARINESS

1. Weariness Tempts Us To Quit
2. Weariness Distorts Our Perspective
3. Weariness Leads To Confusion

FIVE TRUTHS ABOUT WEARINESS IN DOING GOOD

1. Weariness Is A Common Consequence Of Doing Good

- *“Let us not become weary in doing good”*
- “Doing Good” = “poieo_ kalos” (Greek) = “to do good, beautiful, excellent, commendable, right, sound, that which is good”

2. To Not Do Good, Is To Do Bad

- *“Let us not become weary in doing good”*
- “Become weary” = egkakeo_ (Greek) = “to lose heart, to lose passion, to lose motivation, to become weary”
- “egkakeo” = “eg” = “in”, “kakeo” = “evil” or “bad”
- “All that is required for evil to prevail is for good men to do nothing”

3. Doing Good Is Sowing For A Personal Harvest

- *“... at the proper time we will reap a harvest...”*
- “At the proper time” = idios kairos (Greek) = “one's own distinct time or season”

4. To Give Up Is To Lose Some Or All Of Our Harvest

- "... at the proper time we will reap a harvest if we do not give up."
- "Give Up" = ekluo_ = to loose, to release, to dissolve, to have taken from you

5. Weariness Is A Reminder That A Harvest Is Coming

- "... at the proper time we will reap a harvest ..."
- "Reap a harvest" = therizo_ (Greek) = "to reap a harvest, to have summer"

HOW TO PERSEVERE THROUGH WEARINESS

1. Don't Give Up – Look Up!

- Psalm 121:1-8, NIV – (1) I lift up my eyes to the hills -- where does my help come from? (2) My help comes from the LORD, the Maker of heaven and earth. (3) He will not let your foot slip -- he who watches over you will not slumber; ... (5) The LORD watches over you -- the LORD is your shade at your right hand; (6) the sun will not harm you by day, nor the moon by night. (7) The LORD will keep you from all harm -- he will watch over your life; (8) the LORD will watch over your coming and going both now and forevermore.
- Isaiah 40:28-31, NIV – "(28) Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. (29) He gives strength to the weary and increases the power of the weak. (30) Even youths grow tired and weary, and young men stumble and fall; (31) but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

2. Don't Give Up – Lighten Up!

- Matthew 11:28-30, NIV – (28) "Come to me, all you who are weary and burdened, and I will give you rest. (29) 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. (30) For my yoke is easy and my burden is light."

a) Reenergize - Get Proper Rest

- John 4:4-6, NIV – (4) Now he had to go through Samaria. (5) So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. (6) Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour.
- Mark 6:30-32, NIV – (30) The apostles gathered around Jesus and reported to him all they had done and taught. (31) Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." (32) So they went away by themselves in a boat to a solitary place.

b) Optimize – Focus On Activities That Energize You

c) Release – Let Go Of What You Shouldn't Be Doing

- Matthew 11:28-30, NIV – (28) "Come to me, all you who are weary and burdened, and I will give you rest. (29) 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. (30) For my yoke is easy and my burden is light."

3. Don't Give Up – Measure Up!

- Hebrews 12:1-3, NIV – (1) Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. (2) Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (3) Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.