

## Religious Fatigue

John 4:6 Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

Fatigue is defined as a feeling of weariness, tiredness, lack of energy. Fatigue isn't the same thing as sleepiness, although it's often accompanied by a desire to sleep — and a lack of motivation to do anything else.

It seems that such instances can be seen in the Bible. Allow me to state first – off that Jesus as God was not suffering from it. His human body we are told in Hebrews 4:15 “For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”

So did Jesus' body feel tiredness? Lack of Sleep? Thirst? Etc. YES! But was it due to HIS sin or sins? NO NEVER!!

I want to lift the phrase: BEING WEARIED WITH HIS JOURNEY out of the verse and apply that to our lives. TOO MANY TIMES we as Christians get RELIGIOUS FATIGUE! Many troops stationed in combat get fatigued. Some folks today get this way due to a medical problem. Some misidentify Fatigue when in reality they're just plain LAZY.

What to do when you are “suffering” from Religious Fatigue!

1. MAKE SURE YOU HAVE DRANK OF THE WATER OF LIFE!
  1. 6<sup>th</sup> Hour = Noon
  2. John 4:14 But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.
2. MAKE SURE YOU GET SOME REST
  1. Lord showed us by example – sabbath day.
  2. More than just a day for us who are saved! Moment by moment rest.
  3. Hebrews 4:9 There remaineth therefore a rest to the people of God.
3. MAKE SURE YOU EAT SOMETHING “HEARTY”
  1. 1 Kings 19:7-8 And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. 8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.
4. MAKE SURE YOU PRAY
  1. Thorn in Paul's Flesh
  2. 2 Corinthians 12:9 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.
5. MAKE SURE YOU TRUST IN THE RIGHT STRENGTH
  1. Isaiah 40:29-31 He giveth power to the faint; and to them that have no might he increaseth strength. 30 Even the youths shall faint and be weary, and the young men shall utterly fall: 31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.
  2. Philippians 4:13 I can do all things through Christ which strengtheneth me.