

# Overcoming Fatigue

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## I. FATIGUE MIGHT JUST BE YOUR NUMBER ONE ENEMY!

### II. Daniel 7:25

*“And he shall speak great words against the most High, and shall WEAR OUT the saints of the most High.”*

If the devil’s strategy of trying to STOP you fails, then he will try to JOIN you and cause you to WEAR YOURSELF OUT!

### III. Vince Lombardi said, “Fatigue makes Cowards Of Us All!”

### IV. Mike Murdock says, “When Fatigue Walks In, Faith Walks Out!”

## V. DEALING WITH FATIGUE

### 1. Get your Seasonal Rest

*Mark 6:31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. 6:32 And they departed into a desert place by ship privately.*

Vacations, Romantic Weekends Away, Picnics, Play Time, Recreation, Hobbies, Etc.

### 2. Get your Daily Rest

*Psalms 127:1 KJV - Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain. 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

LISTEN TO YOUR BODY! Your body needs plenty of sleep or else your immune system will break down.

*Proverbs 3:24 KJV - When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.*

### 3. Get your Spiritual Rest from regular Bible Reading, Prayer, and Church Attendance

*Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 11:29 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. 11:30 For my yoke is easy, and my burden is light.*

### 4. Get your Regular Physical Exercise

*1 Tim 4:8 KJV - For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.*

**5. Don't Talk Much (or at all) when you're fatigued.**

- a. Everything looks negative through tired eyes.
- b. We tend to get down on ourselves when we are tired.
- c. When we are fatigued, we tend to speak words to others which we later regret.

**6. Make No Major Decisions when you are fatigued.**

THE ONLY DECISION WE SHOULD MAKE WHEN WE ARE TIRED IS "NOT TO MAKE A DECISION RIGHT NOW." One U.S. President refused to make any decisions or sign any documents after 3:00 PM each day.