

11-3-2019 Sermon Title: **The Struggle: Worn Down**

"We can be tired, weary and emotionally distraught, but after spending time alone with God, we find that He injects into our bodies energy, power and strength." - **Charles Stanley**

Matthew 11:28-30 *"Come to Me, all who are weary and heavy-laden, 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."*

Worn Down:

Genesis 18:12 *So Sarah laughed to herself, saying, "After I am worn out, and my lord is old, shall I have pleasure?"*

Psalms 38:8 *I am feeble and crushed; I groan because of the tumult of my heart.*

Psalms 69:3 *I am weary with my crying; my throat is parched; My eyes fail while I wait for my God.*

Matthew 26:38 *Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me."*

Build Up:

Isaiah 40:31 *but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*