

## **OVERCOMER: OVERCOMING EXHAUSTION**

**Pastor Johnson Bowie**

**July 29-30, 2017**

### **1 John 5:4-5 NIV**

*...for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God.*

### **Overcoming Exhaustion:**

1. Learn to trust in God's provision.

### **Exodus 16:4-5 NIV**

*Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."*

- God miraculously provided the manna.
- If they gathered too much it would spoil.
- On the sixth day, they were to gather twice as much.

### **Philippians 4:19 NIV**

*And my God will meet all your **needs** according to the riches of his glory in Christ Jesus.*

### **Psalms 4:6-8 MSG**

*Why is everyone hungry for more? "More, more," they say. "More, more." I have God's more-than-enough, more joy in one ordinary day than they get in all their shopping sprees. At day's end I'm ready for sound sleep, for you, God, have put my life back together.*

2. Learn the power of saying "no".

### **Exodus 18:17-23 NIV**

*Moses' father-in-law replied, "What you are doing is not good. **You***

**and these people** who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone. Listen now to me and I will give you some advice, and may God be with you. You must be the people's representative before God and bring their disputes to him. Teach them his decrees and instructions, and show them the way they are to live and how they are to behave. **But** select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens. Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.”

3. Learn to say “yes” to rest.

**Shaabat** – to cease, to abstain, to desist from, to end, to stop

#### **Exodus 20:8-11 NIV**

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath **to** the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

We Sabbath to **stop** and **rest** and **connect** and **reflect**.

#### **Deuteronomy 5:12, 15 NLT**

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you...Remember that **you were once slaves in Egypt**, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.”

## **Understanding the Sabbath:**

- Rest from your work.
- Rest from even the thought of work.
- Rest as if all your work was done.