

## Provisions for the Worn Out: Part 5b

October 22, 2020

**Discussion Question:** How does being fatigued cause you disappointment? Does being weary affect your relationship with God? How?

Daniel 7:25 “And he shall speak great words against the most High, and shall wear out the saints of the most High...” [KJV]

### REVIEW: Provision for Quamped

Quamped is defined as disappointed, downhearted. Derives from an old English dialect word, *quamp*, meaning “to dampen someone’s spirits.”

Disappointments are directly linked to our expectations. The dictionary states that disappoint is to fail to satisfy the hope, desire and expectation of

When we are disappointed and place the blame at God, then there is something that is more important than God. I’m longing for something that is more important than him. The healing, the job, the child, the spouse, the friend...

Psalms 16:2 “*I say to the Lord, "You are my Lord; I have no good apart from you."* [ESV]

It is possible to be disappointed in things that happen and not be disappointed in God.

Let’s look at a few ways in which we get disappointed.

#### A. Disappointed by the Way

### TODAY:

#### B. Disappointed by Weariness

2 Sam 17:1-2 “*Moreover, Ahithophel said to Absalom, "Let me choose twelve thousand men, and I will arise and pursue David tonight. 2 I will come upon him while he is weary and discouraged and throw him into a panic, and all the people who are with him will flee. I will strike down only the king..."* ESV

Weary means tired and literally means slack of hands

The dictionary states that it is a feeling or showing tiredness especially as a result of excessive exertion or lack of sleep

Job in his disappointment regretted the day he was born and stated in 3:11 that in the grave, “*There the wicked cease from troubling; and there the weary be at rest.*” [KJV]  
In Chapter 10 he says, “My soul is weary of my life...”

David over and over speaks of being weary from groaning; from crying on his bed. One of those times in which David is exhausted is when dealing with his son Absalom who is leading a revolt against David. But it is more than just his son, some of his closest friends and advisors are also plotting against him. In two of his psalms David shares his thoughts on this

Ps 41:9 *“Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me.”* [ESV]

## Psalms 55

Fatigue is a term used to describe an overall feeling of tiredness or lack of energy. When we are fatigued, we have no motivation and no energy. More than feeling drowsy or sleepy. And the enemy seizes upon that fatigue to destroy our faith. Many causes of fatigue: lifestyle factors; physical health conditions; mental health issues  
Physical fatigue is where are muscles have been in distress.

Emotional fatigue is that feeling of just be tired of how things are.

### Spiritual Fatigue:

- Hab 2:12-13 *“Woe to him who builds a town with blood and founds a city on iniquity! 13 Behold, is it not from the Lord of hosts that peoples labor merely for fire, and nations weary themselves for nothing?”* [ESV]
- Eccl 12:11 *“But beyond this, my son, be warned: the writing of many books is endless, and excessive devotion to books is wearying to the body.”* [NASU]
- 2 Cor 11:27-28 *“In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. 28 Beside those things that are without, that which cometh upon me daily, the care of all the churches.”* [KJV]
- Matt 26:8-10 *“But when his disciples saw it, they had indignation, saying, To what purpose is this waste? 9 For this ointment might have been sold for much, and given to the poor. 10 When Jesus understood it, he said unto them, Why trouble ye the woman? for she hath wrought a good work upon me.”* [KJV]

Trouble is the same word as weary implying to cause toil or trouble; to embarrass a person by giving occasion for anxiety; to perturb ones spirit by criticisms

What is the provision for weariness?

### **a. Supplication**

Psalms 6 *“O Lord, do not rebuke me in Your anger, Nor chasten me in Your hot displeasure. 2 Have mercy on me, O Lord, for I am weak; O Lord, heal me, for my bones are troubled. 3 My soul also is greatly troubled; But You, O Lord — how long? 4 Return, O Lord, deliver me! Oh, save me for Your mercies' sake! 5 For in death there is no remembrance of You; In the grave who will give You thanks? 6 I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears. 7 My eye wastes away because of grief; It grows old because of all my enemies. 8 Depart from me, all you workers of iniquity; For the Lord has heard the voice of my weeping. 9 The Lord has heard my supplication; The Lord will receive my prayer. 10 Let all my enemies be ashamed and greatly troubled; Let them turn back and be ashamed suddenly.”* [NKJV]

The Bible calls us to practice supplication rather than surrender to our anxiety and fear.

Phil 4:6 *“do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”* [ESV]