

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. Describe a time you were really exhausted.

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Please read Nehemiah 4:9-10. What was happening?
3. Please read Nehemiah 6:1-9. What was the situation? Talk about it! According to verse nine, what is the specific prayer?
4. What does it take to get you to quit?
 - Have you ever walked away from something? What happened?
5. According to Ephesians 6:10-12, why are we to be strong? What are some ways the enemy might make someone tired?
6. Pastor Ruben shared five truths for us to remember when we are tired. Please read Psalm 73:26, Philippians 4:13, and Jeremiah 31:25. What is the first truth?
7. What are your thoughts about this quote from Oswald Chambers? "Continually look back to the foundation of your love and affection and remember where your Source of power lies. He saved and sanctified you to exhaust you."
8. The second truth is related to Galatians 6:9. What are the dangers of trusting your feelings when you are tired?
9. According to John 4:4-6, was Jesus tired?
 - What happened after Jesus was tired?
 - What can we learn from this story?
 - Compare with Matthew 11:28-30.
10. According to Job 17:9, what makes us stronger?
 - How does spiritual disobedience affect our strength?
11. How did Paul the apostle experience God's strength in 2 Corinthians 12:7-10 and 2 Timothy 4:6-7?

Application

Below are some of the points or quotes shared in the message. Discuss how they apply to your life.

- WHEN YOU'RE TIRED, I WANT YOU TO THINK ABOUT THESE 5 TRUTHS...
 - God is your source of strength.
 - When you're tired, you can feel like you're alone...even when you're not.
 - When you're tired, you can forget who has you in His hands.
 - You have a promise if you don't give up.
 - When you get tired, you can't trust how you FEEL.
 - You will feel like you're in danger...when you're not.
 - You will feel like you can't trust...who you can.
 - You will feel like people hate you...who love you.
 - You will feel like lashing out at people...who are really trying to help you.
 - You will feel like you're going to crash...even though you're safe.
 - God loves long obedience.
 - Your sin can sap your strength.
 - God's power meets your weakness.
 - Sometimes God will allow you to see your weakness so that you will rely more on His strength.
 - Don't tap out.
 - Keep the faith
 - If you lose your job, keep the faith.
 - If you have to downsize, keep the faith.
 - If you lose a child, keep the faith.
 - If you get sick, keep the faith.
 - If you were betrayed, keep the faith.
 - If you get hurt, keep the faith.
 - If you fall down, keep the faith.