

## **“Preventing Weariness”**

Psalm 121

Tuesday Bible Lunch

July 17, 2018

**Introduction:** Last Tuesday, I talked to you about weariness. We all experience it. From time to time, we all get weary.

Today, I want to talk about preventing weariness as much as you possibly can.

- If you can prevent something bad, you are wise to do it.
- This is true in all areas of life.

**Illustration:** If I can prevent high blood pressure, I am wise to do it and foolish not to do it.

**Illustration:** If I can do something to prevent a bad sermon, I am wise to do it and, foolish not to do it.

**Application:** Prevention is always better than the cure. How true this is when it comes to weariness. If you can prevent weariness, you are foolish not to do it.

**T.S.** One of the best ways to prevent weariness is to read God’s Word every morning.

### **Weariness Tools**

#### **1. Read God’s Word every morning.**

- The book of Psalms is perhaps the best “weariness prevention” book in the Bible.
- One of the best “weariness prevention” Psalms is Psalm 121.
- Psalm 121 only has eight verses, but what wisdom we find in these eight verses.

- Psalm 121a says, “I will lift up my eyes to the hills...”

**Application:** When you get your eyes off things that make you weary and put them on God, your perspective changes.

- Psalm 121b and 121:2a says, “From whence comes my help, my help comes from the LORD.”
- Remember that your help comes from God.
- He is the source of our help.

**Illustration:** In the New Testament, the Holy Spirit is called our *Helper* or *Comforter*. Both words refer to the same thing.

**Application:** You have a source of help within you that is greater than your power and strength.

- Psalm 121:5 says, “The LORD is our keeper.”
- The word *keeper* literally means protector.
- And the good thing is that our *keeper* never takes a break or sleeps (121:4).
- God’s keeping care is 24/7.

## **2. Have a life verse and make it part of your daily life.**

- My life verse is Psalm 16:8 NIV.
- “I keep my eyes always on the Lord, and with Him at my right hand I will not be shaken.”

**3. Minimize as much as possible things and people that make you weary.**

**4. Guard against saying, listening, or seeing negative things.**

**Conclusion:** These four weariness tools work. Every time I become weary I have ignored at least one of these tools.