

FINDING THE STRENGTH TO KEEP GOING WHEN I'M EMOTIONALLY WORN OUT

Rick Warren

2 Examples of Determination to Keep Going

(JESUS) "I'm will KEEP ON driving out demons and healing people—today, and tomorrow, and on the third day I'll reach my goal. In any case, I MUST KEEP GOING—today, and tomorrow, and the next day." Luke 13:32-33 (NIV)

(PAUL) "We're hard pressed on every side by troubles, but we're not crushed and broken. We're perplexed, but we don't give up and quit. We're hunted down, but God never abandons us. We get knocked down, but we get up again AND KEEP GOING." 2 Corinthians 4:8-9 (NLT)

1. HONESTLY _____

"Unload all your burdens on to him, since he is concerned about you." 1 Peter 5:7 (NJB)

• GOD ALREADY KNOWS _____

"The Lord gave each of us our minds, so nothing we think or do can be hidden from him." Psalm 33:15 (CEV)

• GOD UNDERSTANDS _____ !

"The Lord knows what's in everyone's mind AND he understands everything you think." 1 Chronicles 28:9 (NCV)

• GOD LOVES _____

David: "I love the Lord, because he listens to my prayers. He listens to me every time I call to him." Psalm 116:1-2 (GNT)

"Morning, noon, and night I complain of my distress, and still the Lord hears my voice." Psalm 55:17 (NLT)

"The Lord is like a father to his children, tender and compassionate." Psalm 103:13 (NLT)

"Cry out in the night . . . Pour out your heart like water in prayer to the Lord." Lamentations 2:19 (NCV)

2. HUMBLY _____ !

"Look to the Lord and his strength." Psalm 105:4 (NIV)

"God is the real source of wisdom and strength." Job 12:13 (CEV)

"I can lie down and go to sleep, and I'll wake up again, because the Lord gives me strength." Psalm 3:5 (NCV)

"When I pray, you answer and encourage me by giving me the strength I need." Psalm 138:3 (TLB)

God told Daniel: "O Daniel, greatly loved of God, listen carefully . . . Since the first day you began to pray and humble yourself before your God, your request has been heard in heaven." Daniel 10:11-12 (NLT)

THE ATTITUDE THAT MOVES GOD TO ANSWER: HUMILITY

3. GRATEFULLY _____ DESPITE ALL THAT'S BAD

"Give thanks IN all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18 (NIV)

"(In grief) Job tore his robe and shaved his head. Then he fell to the ground and WORSHIPED GOD. He said, 'I was born with nothing, and I'll die with nothing. The Lord gave, and now he has taken away. May the name of the LORD BE PRAISED.' IN SPITE OF EVERYTHING that had happened, Job did not sin by blaming God." Job 1:20-22 (GNT)

Job showed that I can always be grateful:

- That God is loving and cares for me **Job 10:12**
- That God had a detailed plan for my future **Job 23:14**
- That God is in control of what I don't understand **Job 34:13**
- That God will reward me after I'm tested **Job 23:10**

"Here I am in the place of worship, eyes open, drinking in your strength." Psalm 63:2 (The Message)

4. CONSTANTLY _____

"We must focus on Jesus, the source and goal of our faith. He saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him. Then he received the highest position in heaven." Hebrews 12:2 (GW)

"This is why we never give up . . . our spirits are being renewed every day. Our present troubles are small and won't last very long. Yet they produce for us an immeasurably great glory that will last forever! So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." 2 Corinthians 4:16-18 (NLT/NIV)

"We are praying that you will be filled with his mighty, glorious strength SO THAT YOU CAN KEEP GOING no matter what happens—always full of the joy of the Lord." Colossians 1:11 (TLB)

"We can only keep on going, after all, by the power of God, who first saved us." 2 Timothy 1:8-9 (The Message)

Next Step

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.