

Message-based Study

Connection

When you feel EXHAUSTED what is something you do to recharge ?

Content

“When you talk about the specifics of some of the things God has done, you are borrowing light from yesterday to shine on the darkness of today.”

What examples come to mind when you read this statement?

Exhaustion of this kind is REAL

1. Read Psalm 77:1-3. Asaph cries out for God’s help.

Is there a place in your life right now where you are feeling such an exhaustion of being “overwhelmed”? Have you been finding “comfort” in Christ, or have you been turning to distractions? Describe this experience.

Exhaustion of this kind has ROOTS.

2. Read Psalm 77:4-6. Asaph ponders his past, reflecting on why his life is “different now.”

Why is it that, like Asaph, we can look to the past and think of it as “the good old days” when we are currently facing trouble?

3. Read Psalm 77:7-10. Asaph questions his faith, God, and his own unbelief and believes a lie, thinking “the Most High has turned against me”.

Sometimes we need to ask questions. Sometimes we need to get to an honest place where we pour our hearts out to God so we reflect on how He is working in us.

What questions do you find yourself asking God regarding the difficult circumstances in your life?

Exhaustion of this kind has a REMEDY.

4. Read Psalm 77:11-15. Asaph begins praying to God, reciting His works and His character.

As Asaph turned to prayer, what aspects of God's works or God's character can you choose to remember when you face struggles?

5. Read Psalm 77:16-20. When you are feeling alone and exhausted, know that God has a pathway for you.

Throughout history, the Israelites repeatedly remembered the parting of the Red Sea. Why was this experience so significant to them?

When have you not seen any way forward, and then God parted the pathway ahead for you?

Commitment

6. Your deliverance comes from the cross as Jesus came down for you, died for you and rose again to rescue you.

Read these verses:

Ephesians 1:19-20

Ephesians 3:16

2 Corinthians 12:9-10

1 Peter 5:10

Lean into these words today by selecting one of the above scriptures to write on a notecard and place somewhere in your home where you will see it daily.

In your weakness and exhaustion, how can you remember Jesus is your deliverance?



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.

This week, **Listen with care** to a person in your life who needs Jesus' love. Begin today with this tool of how to B.L.E.S.S them.