



NAVIGATE

September 27, 2020
Part 6 – Mental Fatigue
Pastor John C. Martin

Luke 12:49-50 *“I have come to set the world on fire, and I wish it were already burning! I have a terrible baptism of suffering ahead of me, and I am under a heavy burden until it is accomplished.”* (NLT)

Luke 22:44 *And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.*

Navigate mental fatigue by...

I. Focusing on _____ and _____.

John 6:38 *“For I have come down from heaven to do the will of God who sent me, not to do my own will.”* (NLT)

Matthew 16:23 *Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.”*

1. Putting _____.

John 3:30 *“He must become greater; I must become less.”*

2. Committing to _____.

Isaiah 26:3 *You keep him in perfect peace whose mind is stayed on you, because he trusts in you.* (ESV)

II. Getting _____.

Luke 5:16 *But Jesus often withdrew to lonely places and prayed.*

Mark 1:35 *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

Matthew 26:36 *Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.”*

III. Finding _____.

Matthew 11:28 *Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”* (NLT)

IV. Being _____.

Colossians 1:11 *We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy...* (NLT)

Nehemiah 8:10b *“Don’t be dejected and sad, for the joy of the Lord is your strength!”* (NLT)

Conclusion: Let the Lord _____ you, _____ to you, and _____ you!

All scripture references are NIV unless otherwise noted.

Victorville First Assembly of God
15260 Nisqualli Rd. ~ Victorville, CA 92395
760-243-4343
www.vfassembly.org