

**FATIGUE**





## **MEANING OF FATIGUE**

Extreme tiredness resulting from mental or physical exertion or illness.

Weakness in metal or other materials caused by repeated variations of stress.



## 2 Timothy 1 v 6a

“For this reason I remind you to fan into flame the gift of God, which is in you.”



## Galatians 6 v 9

“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”

# **Spiritual Fatigue: Causes & Cures**

**Failure to Replenish**

**Living in Deception**

**Striving for Acceptance**





# Spiritual Fatigue: Causes & Cures

## Failure to Replenish

“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.” (**Psalm 1:1-3** NKJV)



# Spiritual Fatigue: Causes & Cures

## Living in Deception

“Friend deceives friend, and no one speaks the truth. They have taught their tongues to lie; they weary themselves with sinning.”

**(Jeremiah 9:5 NIV)**





# Spiritual Fatigue: Causes & Cures

## Striving for Acceptance

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

**(John 14:27 NKJV)**