



# MESSAGE NOTES

## How to Not Grow Weary

1 Thessalonians 5:16-18

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**1 Thessalonians 5:16-18** “Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

### 1. Remember the Power of God

**Genesis 1:1** “ God created the heavens and the earth.”

Don't let bad news shrink the power of God in your heart and mind.

Jesus said, “**In this world you will have trouble, but take heart, I have overcome the world.**”

### 2. Replace fears with truth

**Isaiah 41:10**“ So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Replacing our fears with truth increases our confidence to move forward in God.

Remember where your value comes from.

**Psalms 139:14**“ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

### 3. Give thanks

**1 Thessalonians 5:18**“ give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

Look around you and “Give thanks.”

### Be a helper and not a savior.

God would like to include you in being a helper. Remember that a helper doesn’t try to solve everything on their own.

We can do what we are called to do and not become weary in a weary world.