



HCF AUSTRALIA INVITES YOU TO
'Equip & Inspire Night'

"Jesus offers rest from weariness."

*Are you stretched, tired and weary in your journey?
How do I continue?*

Join us to explore this issue that impacts many of us.
Speaker Dr Nirmalan Ratnam will be exploring this topic.

Join us on Zoom
Saturday 2nd September 2023
8:30-9:30pm

Link: [https://uso2web.zoom.us/j/87158789105?](https://uso2web.zoom.us/j/87158789105?pwd=YVVEWjZxSo1oYUFRNmFCOXhiWitRUT09)
[pwd=YVVEWjZxSo1oYUFRNmFCOXhiWitRUT09](https://uso2web.zoom.us/j/87158789105?pwd=YVVEWjZxSo1oYUFRNmFCOXhiWitRUT09)

Meeting ID: 871 5878 9105

Passcode: EQUIP


Email: contact@hcfaustralia.org



**"Come to me, ALL you who are weary and burdened, and
I will give you rest" - Matthew 11:28**

Theme for 2023 - "From crossroads to pathways leading to Kingdom expansion, as Christian carers"

Answer for weariness

A person is silhouetted sitting on a rock by a lake at sunset. The sky is a mix of orange, red, and dark blue. The text is overlaid on the sky.

“Come to me,
all you who are weary
and burdened, and
I will give you rest.

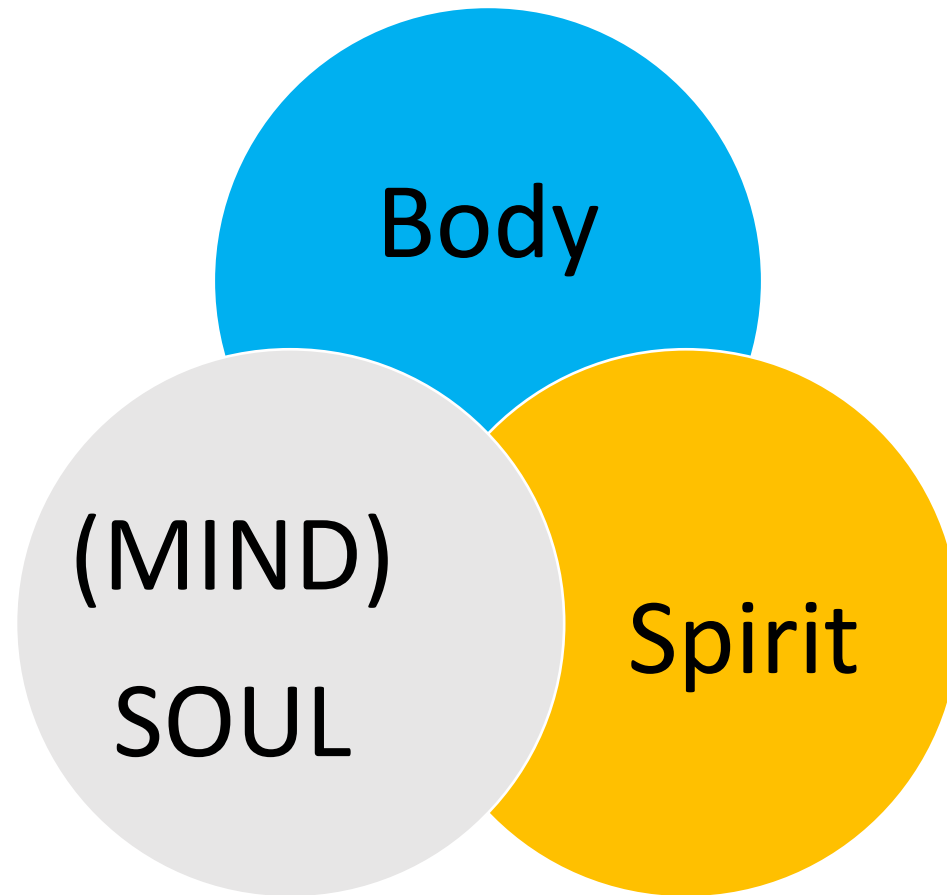
Matthew 11:28

*Rejoice,
Truce of the Day*

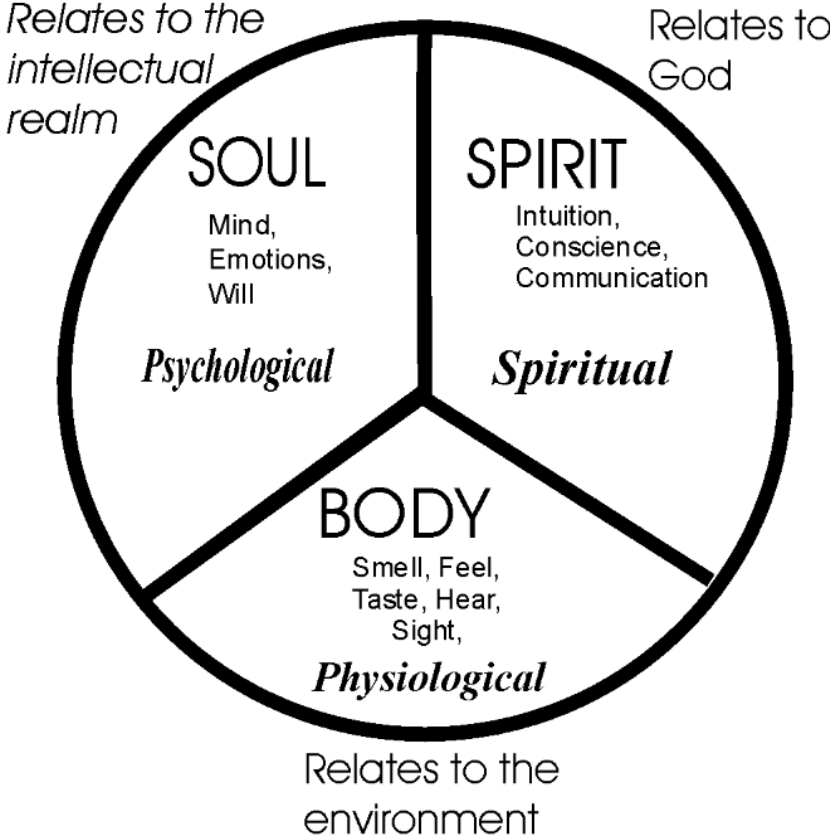
Weariness

- Is a state where we are unable to enjoy, involve and be the person God designed us to be in life
- This applies to believers and non believers
- *'It is the will which staggers or stalls to keep going and consider quitting'*
- It can be temporary or permanent
- This could be a day to day, event to event or era to era
- The life becomes a burden and not a blessing
- This can be within ourselves or for those whom we are surrounded with

Driving force within us

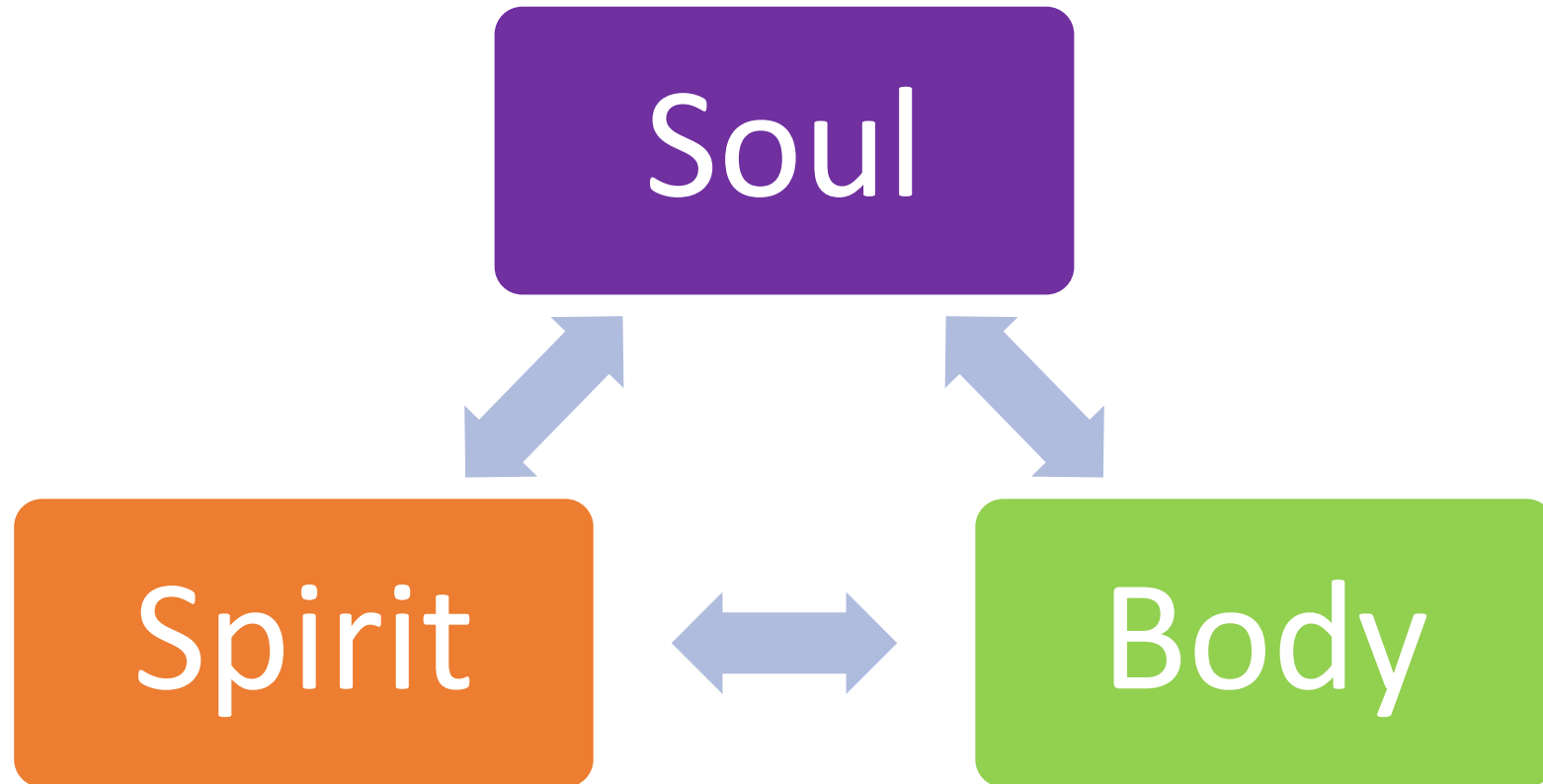


Soul/Spirit/Body



Weariness

- Weariness can happen in within any part and involve the rest



Weariness

- When was the last time did we feel weary?
- The causes of weariness
- Is it a physical/emotional/ Spiritual problem?
- Biblical examples of weariness
- Jesus' offer for weariness

Causes of Weariness

- Physical exhaustion
 - Sickness
 - Starvation
 - Over work
 - Lack of sleep

Cause of weariness

- Emotional drain
 - Opposition
 - Competition
 - Dissatisfaction
 - Resentment
 - Discontentment

Causes of weariness

- Spiritual dryness
 - Guilt
 - Lack of quality time with God
 - Self reliance
 - Distracted/ Diluted by worldliness and flesh
 - Fighting a spiritual battle in a physical way

Biblical Examples of Weariness

- Esau
- Hannah
- Elijah
- Jonah
- Peter and crew as failed fishermen
- Jesus
- Eutychus

THE REALITY

- No one likes to be weary but it can affect anyone
- Accepting the weariness is the first step
- Accepting help from Jesus is another step
- Expecting a life free of weariness on earth is not reality
- Experiencing the strength from God and rest through His son is a realistic experience by anyone who goes to Him
- Sometimes we miss the liberation by being carried away by new freedom

God's promise in relation to weariness

- He gives strength to endure
Is 40:28-31
- He communicates His plans
Zeph 3:17
- He gives liberation from the burden
Mat 11:28-31

Isaiah 40:28-31

- *Have you not known?
Have you not heard?
The everlasting God, the LORD,
The Creator of the ends of the earth,
Neither faints nor is weary.
His understanding is unsearchable.
29 He gives power to the weak,
And to those who have no might He increases strength.
30 Even the youths shall faint and be weary,
And the young men shall utterly fall,
31 But those who wait on the LORD
Shall renew their strength;
They shall mount up with wings like eagles,
They shall run and not be weary,
They shall walk and not faint.*

Zep 3:17

- The LORD your God in your midst,
The Mighty One, will save;
He will rejoice over you with gladness,
He will quiet *you* with His love,
He will rejoice over you with singing.”

Matthew 11:28-31

- ²⁸ **Come to Me**, *all you* who labor and are heavy laden, and **I will give you rest.** ²⁹ **Take My yoke upon you and learn from Me**, for I am ^[f]gentle and lowly in heart, and **you will find** rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.”

Jesus' offer

- He promises rest
- It is for all- Irrespective of the cause/who
- His revelation
 - It is the bondage which makes us weary
 - He will relieve us from bondage
 - He replaces with a purpose
 - It is a relationship that is cordial and warm
- For those who are waiting upon – God gives them the strength

ACTION

- Quiet time with God
Allow for a divine encounter
- Fellowship
- Testimony