

We at the Way Counseling Dept. would like to take this time to reach out and reach into your hearts with encouragement and wisdom that you can apply personally or share in ministry, your workplace, or your home.

Weariness is a condition of the mind and heart... it preludes: discouragement, bitterness, hopelessness, and quitting. Weariness means to become tired. It is not the result of tired, but the wave that beats upon the shores of our hearts, minds, and eventually our form. We look and feel tired after many waves have landed on our shore. Eating away a little bit more faith, hope, and fight each time it comes.

Weary defeats us before the battle...Weary causes us to give up without even trying... It is a satanic tool to defeat the children of God.

Daniel 7:25 ESV He shall speak words against the Most High, and shall wear out the saints of the Most High, and shall think to change the times and the law; and they shall be given into his hand for a time, times, and half a time. The bible warns that weariness doesn't just attack the seasoned, but the young as well

(Isaiah 40:30).

You can have physical strength, enough sleep and still suffer from weariness. Many slip into depression, thinking this is who I am, since every logical thing from 10 hours of sleep, to leaving ministry to energy drink and coffee have been tried. But this is spiritually rooted, emotionally and mentally driven, and must be remedied at that level.

Soul care is real... it is the care and strengthening of the inner man! Our soul is our mind, will and emotions... and if we don't keep it encouraged, no amount of church attendance will redeem us from this pit of despair. But only the lover of our soul can properly tend to it! He alone offers us healing and freedom from the afflictions of weariness.

Matthew 11:28-29 NKJV 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 gentle and lowly in heart, and you will find rest for your souls.

God knows your soul is where weariness attacks, and He want to give you rest. To stop the ragging emotions and end the racing thoughts you can't control. Jesus wants you to give Him the weight you are struggling under. He is willing to trade places...so you can have His rest. The rest one receives when it is finished while He works on your issues. Weariness depletes faith...but God is wanting to build your faith

in Him...surrender the pain , the problems, and the past...and step into His promises!

"Peace for Today"

Shalom-

When we think of Peace, we often view it as the absence of something else, war, distress or suffering. But while those things can be true, there is an in depth understanding of Shalom, a Hebrew word for peace that we can lean into. This peace isn't assumed through absence of stress or troubles but rather peace built upon a concept of wholeness, or a finished work.

When our spirits get weary and mind causes us to worry, we must seek for completion and wholeness in what God is doing. I encourage you today to seek restoration, seek the goodness of sanctification. Seek the goodness of Shalom and pursue it. There you will find true peace in His presence and be reminded of the wholeness you can find in Jesus.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"
JOHN 14:27

"PEACE"

-BETHEL MUSIC

Copy and paste the link into your browser:

God's presence in our lives is the peace of mind and joy at heart.

- Lalah Gifty Akita

