

Worn Out

Psalm 6: 1-10

Introduction: By spring 1812, Napoleon controlled most of Europe, from Spain to Russia. England, however, controlled the seas. Napoleon wanted to control India, which was then a British colony. But, because of Britain's superior naval strength throughout the world, his only hope was to take India by land, which meant gaining control of Russia.

More than 600,000 men marched towards Russia under the command of the diminutive Corsican, but only about 30,000 survived. The fate of Napoleon's Grand Army was sealed long before the first shot was fired. On the route to Moscow, the army passed through Poland and found the region filthy beyond belief. The peasants were unwashed, with matted hair and ridden with lice and fleas, and most of their wells were fouled.

Soon thereafter, men began staggering out of the ranks and collapsing at the side of the road. Typhus had struck and his army was suffering from severe headaches, high fever, rash, and delirium. The problem? His army was infected with lice! In the end, Napoleon's Waterloo came not so much by the Russian army nor the merciless Russian winter, but rather the fatigue and death from battling with lice.

And, that's the subject I want to talk to you about: **Worn Out**

In this passage of Scripture, we find David in a sleepless night. The first seven verses of this psalm are one great cry of anguish. Three times (vv. 2, 3, 10) he used the word "vexed." It's literally in the Hebrew a word which means "troubled, terrified, faint, and weak." He was simply trying to say that he was worn out from groaning, tossing and turning, and weeping thru the night.

You can feel his agony in the painful question he asks in (vs. 3) that is asked at least 16 times in The Psalms, "How long?" It is the cry of a man who has hung on, and held out, but he's growing tired. He's about ready to raise the white flag of surrender. He's about ready to give up. He's simply worn out.

Now, let me ask you a question: Am I speaking to anyone that is tired? You may say, "Pastor, I'm not tired; I'm sick and tired!" Others of you may say, "I'm sick of being tired!" Truth is, you're just worn out.

For so many of us, this whole COVID-19 issue has just been so very exhausting. Mentally, we've tried to get our arms around this new normal. Emotionally,

we're dealing with constant stress and pressure. Spiritually, we're trying hard to live life, juggle our responsibilities, and be faithful to God.

And, so now, into the Nth week, some are starting to crumble. We are worn to a frazzle. And, as the pieces fall, so do we, and we're not even sure what happened. We just know we're spent, dry, weary, and exhausted in every way we can be. What do you do when you find yourself simply worn out?

Mark 6: 31-32, Jesus said to His disciples, "*Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. And they departed into a desert place by ship privately.*"

Vance Havner, [This] "is a must for every Christian. *If you don't come apart, you will come apart!*"

I. REDUCED STRENGTH (VS. 3)

II. RECEDING STRENGTH (VS. 5)

III. RENEWED STRENGTH (VS. 8-9)

Conclusion: A story is told of an exploring party in Africa which had employed a group of native carriers to go with them into the interior. Being in a hurry to reach their objective, the party was pushed relentlessly for several days.

Finally, the natives just sat down and would go no farther. Asked what was the matter, the superstitious natives replied, "We are waiting for our souls to catch up with our bodies."

A lot of Christians who have run away from God in their hurry and rush for worldly things need to stop and catch up on spiritual things.