

# Bible Verses for EXHAUSTION

## *on finding rest*

### **MATTHEW 11:28–29**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

### **ISAIAH 40:30–31**

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

### **PSALM 62:5–6**

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.

## *on perseverance*

### **JAMES 1:2–4**

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

### **ROMANS 12:1**

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

### **ROMANS 5:3–5**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

### **2 CORINTHIANS 4:16**

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

## *on finding strength*

### **PSALM 46:10**

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

### **2 CORINTHIANS 12:9–10**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

### **PHILIPPIANS 4:4–7**

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### **HEBREWS 6:10**

God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.