

A Faith Pause (...not a pause from faith!)

If you are feeling completely exhausted, burnt out, or wrestling with a Proverbs 'hope deferred' - take a deep breath - you are in the right place, God hasn't given up on you!

We aren't here to give you a *spiritual fitness test* or tell you to 'try harder.' We are stripping away the *pressure of performance* and returning to these three simple, restful truths from God's Word:

You are Valuable!

1 Corinthians 7:23 *"You are **bought with a price**; be not you the servants of men."*

- Your worth in the kingdom isn't based on your daily output or productivity. You were bought with the highest price possible - by the precious Blood of Jesus!

1 Corinthians 12:22&23 *"Nay, much more those members of the body, **which seem** to be more feeble, are necessary. And those members of the body, which we think to be less honourable, upon these we bestow more abundant honour; and our uncomely parts have more abundant comeliness."*

- Even on your weakest days, God says you are absolutely necessary to this body!

The Power is Resident!

Ephesians 3:20 *"Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the **power that works in us**."*

- Stop sweating and straining to manufacture faith. God's miracle-working power (**dunamis**) is already inside you through the Holy Spirit.

2 Cor. 12:9 *And He said unto me, "My grace is sufficient for you: for My strength is made perfect in weakness." Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.*

- It is so opposite of self-help books. You realize your strength is in Jesus, like an appliance, you don't generate the electricity; you plug into Jesus. His strength is made perfect in your weakness.

Your Trails of Faith are Shared!

1 Peter 5:6-7 *"Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: **casting all your care** upon Him; for He cares for you."*

- You may seem to be forgotten, but you were never meant to carry the burden **alone**. When your personal tank is empty or you don't even have the words to pray, you don't have to isolate.

James 5:16 *"Confess your faults one to another, and **pray one for another**, that you may be healed. The effectual fervent prayer of a righteous man avails much."*

- So sit back, take off the brave face, and let's just rest in the Miracle-Maker together.

Ways to rest:

Re-Anchor Your Value (The Identity Shift)

- **The Performance Trap:** *"I am only valuable to God if I am strong, productive, and seeing constant breakthroughs."*
- **The Biblical Rest** (1 Corinthians 12:22): The "feeble" and tired pieces of the body are necessary. Your value was completely locked in the day Jesus bought you with a price (1 Corinthians 7:23). You are valued for who you are, not how much you do.

Re-Define the Connection (The Power Shift)

- **The Performance Trap:** "I have to sweat, strain, and muster up enough emotional willpower to pull down a miracle from heaven."
- **The Biblical Rest** (Ephesians 3:20): God's miracle-working power (*dunamis*) is already resident inside you through the Holy Spirit. You don't manufacture the electricity; you just stay plugged into the wall. When you are weak, that is when His power operates at peak performance (2 Corinthians 12:9).

Re-Build the Safety Net (The Ecosystem Shift)

- **The Performance Trap:** "If my faith wavers or I get depressed, I am a failure and I need to hide from the church."
- **The Biblical Rest** (James 5:16): God built the body of Christ so we can borrow each other's faith. When your individual hope is lagging, you don't isolate; you lean on the righteous prayers of your community to carry you through the dark valley.

Temptation, Trials, & Suffering Definition:

1 Corinthians 10:13 *"There has no **temptation** taken you but such as is common to man: but God is faithful, **who will not suffer you** to be tempted above that you are able; but will with the temptation also make **a way to escape**, that you may be able to bear it."*

The word "**temptation**" has dual meaning. Whether it is translated into English as a "temptation" or a "trial" depends entirely on the intent of the person doing the testing:

- When Satan uses it (*temptation*) the intent is to make you trip, fall, and fail in that he wants to expose your weakness and pull you into sin.
- When God allows it (*trial*): the intent is to purify you, strengthen you, and prove your faith. He wants to expose His *dunamis* power working inside you.

Next, the word "**suffer**" is a hard one for today's reader in that "suffer" means to feel intense pain, misery, or agony! So reading "*God will not suffer you to be tempted*," you may accidentally think: "*God is going to make you miserable while you are being tested*." Not so, He is watching over you!

In 1611, the word "*suffer*" simply meant "*to permit, allow, or give leave to*."

1. The "Gatekeeper" Metaphor

- God isn't "suffering" you; He is acting as a strong gatekeeper over the pressure in your life.
- When the KJV says God will not 'suffer' you to be tested above what you can take, that old English word just means 'allow' or 'permit.' Think of God as the gatekeeper of your trial. He stands at the door of your life and refuses to let any burden pass through that exceeds the strength He has already put inside you."

2. Swap the Word in your head:

- Instead of "*God won't make you suffer...*" think "*God won't permit the enemy to turn the heat up past your breaking point.*" or "*God will not allow you to be pushed beyond what you can handle with His grace.*"

Why do we have Trials?

- "If you're wondering why God even bothers with this hard season, remember this: He isn't trying to grade you. He's trying to show you that **His grace is real**. He allows the heat to turn up not to punish you, but to prove that you are unbreakable when you lean on Him. And one day, the very valley you are walking through right now is going to be the survival guide that pulls someone else out of the dark." - [The Significance of Trials | Cru.org](https://www.cru.org/faith/faith-articles/the-significance-of-trials)

The "Way to Escape" is endurance: The Greek phrasing for "way to escape" doesn't mean a magical exit door that makes the problem vanish. It means a mountain pass or a landing spot that allows you to "be able to bear it."

When Paul says that our trials and temptations are 'common to man,' he isn't waving his hand and saying, 'Hey, everyone has a rough life, what's your problem?' He isn't minimizing your pain.

"When depression, or a prolonged trial hits, the enemy tries to isolate you on an island, whispering that nobody has ever failed or hurt quite like you do. But God's Word steps in and says, 'No, you are on a well-worn path. Some of the greatest heroes of the faith have walked this exact dark valley before you, and they made it through.' You aren't on an island; you are part of a family. And right there on that path with you is a faithful God who has His hand on the thermostat. He regulates the pressure, promises it won't exceed the grace He's given you for this hour, and promises to provide the supernatural endurance to help you stand up under it." - Enduring Word Fighter Verses.

Lamentations 3:22-23 "The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness."

- Lamentations promises that God's mercies are brand new every morning.
- Just like the morning sunrise brings new mercy, the broken body and spilled Blood of Jesus provide a permanent table of grace.
- You do not have to be "perfect" to come to this table; you just have to be hungry for His mercy.