

Introduction:

1. TATT
2. The sermon's three points

A. The Origin of Human Fatigue (Gen. 1:16a, 27; 2:15-17; 3:1-6, 17-19, 23)

1. Adam and Eve were **free** from fatigue, being created in the likeness of God who does not get weary .
2. But **sin** consequently originated human fatigue.
3. What is sin?
4. What does sin do to people?

Separates

Injures

Negates

B. The Causes of Fatigue Today

1. Examples of spiritual causes:
 - a. Violating our **conscience** .
 - b. Refusing to **forgive** others (Matt. 6:14-15).
2. Examples of physical causes:
 - a. Overworking our heart due to **overweight** .
 - b. Overstress to get more **money** (Ecc. 5:10; 1 Tim. 6:6-10).
3. Examples of mental causes:
 - a. Procrastination
 - b. Too many **decisions** to choose from that causes indecision.
 - c. **Addiction** to technology and social media.

C. How to Fight Fatigue and Win

1. Psalm 37:3-8
2. Psalm 91:1,14-16
3. Romans 8:28
4. 1 Peter 5:6-7
5. Matthew 11:28-30

Conclusion:**TABLETALK STARTERS** (For family devotions and Life Group discussions)**Icebreaker: TATT—Tired All The Time**

Why is this commonplace today?

Read: Genesis 1:16a, 27; 2:15-17; 3:1-6, 17-19, 23

1. How did Adam and Eve lose their freedom from fatigue?
2. What is sin based on Genesis 2:15-17; 3:1-6, and give insights about what sin is from Gen. 3:1-6?
3. Respond to the saying, “Sin does not pay,” based on Gen. 3:17-19, 23.

TODAY:

4. How does violating our conscience cause fatigue?
5. How does refusing to forgive others cause fatigue (Matt. 6:14-16)?
6. How does overstress to get more money cause fatigue (Ecc. 5:10; 1 Tim. 6:6-10)?
7. How does addiction to technology and social media cause fatigue, from the studies presented in the sermon?
8. Read the Scriptures on “How to Fight Fatigue and Win” and ask God for wisdom to help you fight fatigue and win.