

Do Not Lose Heart

Gary Barkalow

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John Quincy Adams

**Let us not become weary in doing good, for
at the proper time we will reap a harvest if
we do not give up. Gal. 6:9**

**But as for you, brothers and sisters, do not
grow weary of doing good. 2 Thess. 3:13**

...Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable —if anything is excellent or praiseworthy —think about such things...Put it into practice.

Phil. 4:8-9

We constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition (harvest) your every desire for goodness and your every deed prompted by faith.

2 Thess. 1:11

NASB: if we do not give up

NKLV: if we do not lose heart

Amp: if we do not give in

Give in to what?

Hope delayed

**Prov. 13:12 “Delayed hope makes
the heart ill, but fulfilled longing is
a tree of life.”**

Prov. 13:12

**“But if we look forward to
something we don’t yet have, we
must wait patiently and confidently”**

Romans 8:25 NLT

No rest

“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. For my yoke is easy and my burden is light.”

Matt. 11:28-30

You can't overtrain, but you can under recover

Exod.17 Then Amalek came and fought against Israel at Rephidim. So Moses said to Joshua, “Choose men for us and go out, fight against Amalek. Tomorrow I will station myself on the top of the hill with the staff of God in my hand.” Joshua did as Moses told him, and fought against Amalek; and Moses, Aaron, and Hur went up to the top of the hill.

So it came about when Moses held his hand up, that Israel prevailed, and when he let his hand down, Amalek prevailed. But Moses' hands were heavy. Then they took a stone and put it under him, and he sat on it; and Aaron and Hur supported his hands, one on one side and one on the other. Thus his hands were steady until the sun set. So Joshua overwhelmed Amalek and his people with the edge of the sword.

Hold unswervingly to the hope you profess, for he who promised is faithful. Consider how you may spur others on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Heb. 10:23-25

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Gal. 6:9

Where have you grown weary or in danger of becoming weary and giving up?