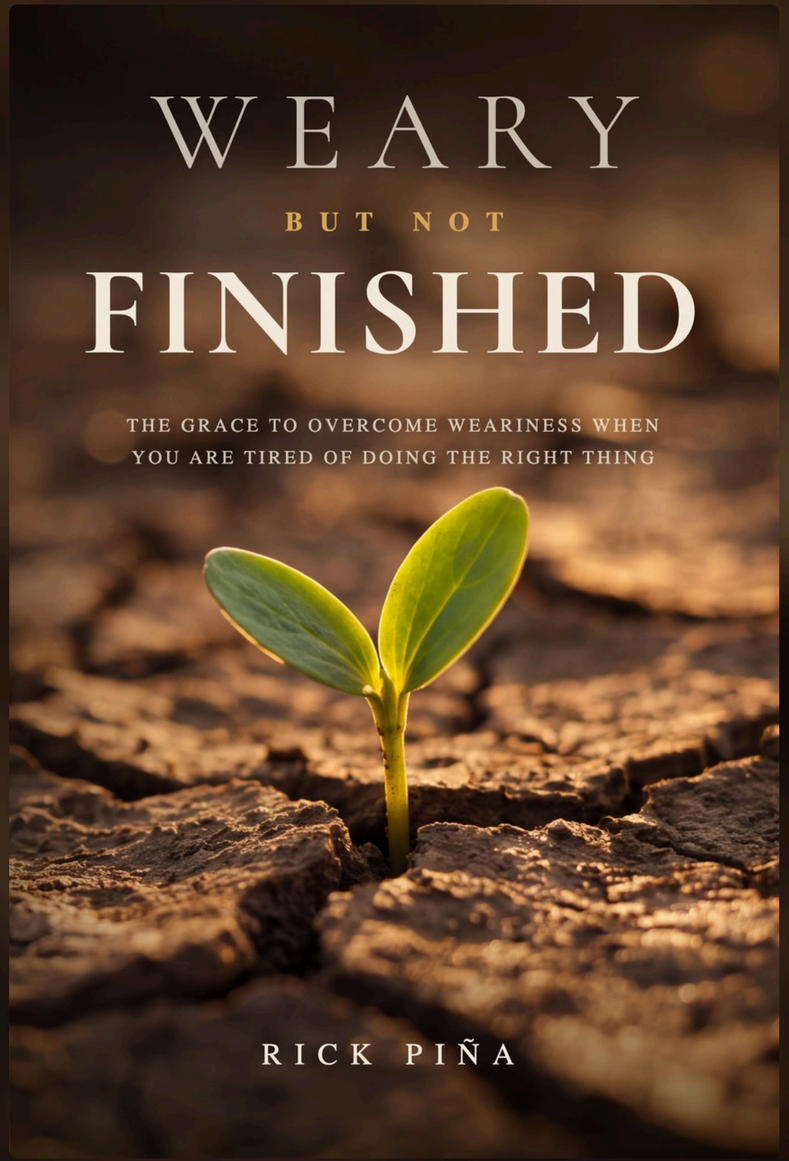
SMALL GROUP · WEEK 3 OF 5

WEARY BUT NOT FINISHED

Tonight: Grace for the Heart That Hoped Too Long

RICK & ISABELLA PIÑA



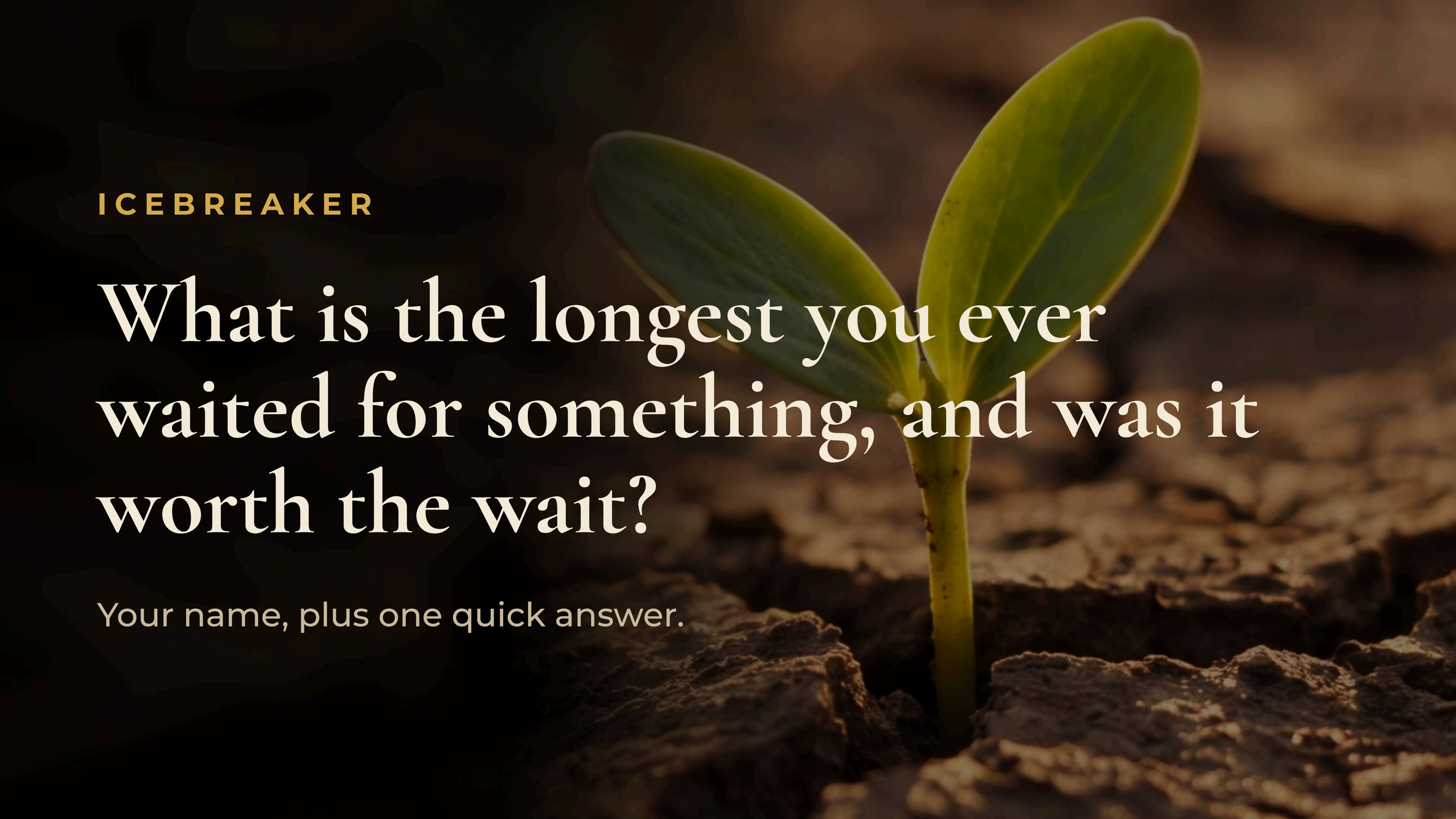
Welcome back.
What happened in your room?

Last week: faithfulness in the wrong situation **prepares you for the right one.**

Tonight: what a long wait does to your heart, and how grace heals it.

Our Five Weeks

1	What Weariness Is Really After	Done
2	They Never Quit: Joseph and David	Done
3	**Grace for the Heart That Hoped Too Long**	**TONIGHT**
4	Keep Doing Good Until the Door Opens	Ch 6 & 7
5	Finish Strong: Declare It and Live It	Appendix A



ICEBREAKER

What is the longest you ever waited for something, and was it worth the wait?

Your name, plus one quick answer.



THE VERSE THIS SERIES STANDS ON

"So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith."

GALATIANS 6:9-10 (NRSV)

13:12

PROVERBS

"Hope deferred makes the heart sick, but when the desire comes, it is a tree of life."

CHAPTER 4

The Grace to Heal a Sick Heart

You need grace for the journey, not just grace for the finish line.

PROVERBS 13:12 (NKJV)

Most People Read It Too Fast

1

Deferred

Delayed. Not denied, not canceled, not forgotten.

2

Sick

Medical language. It needs healing, not just encouragement.

3

Tree of Life

The desire is coming. Solomon already knows the ending.

"Deferred" does not undo the word, but it does admit the waiting is real.

HOW THE HEART GETS SICK

Slowly, Not All at Once

Prayers get vaguer	**"Realism" becomes a shield**	**Someone else's breakthrough stings**	**You start editing God**

If you can feel the symptom, the heart is not dead. **Your heart is sick, not stopped.**

TABLE TALK

Which symptom best describes where you are today? Be honest.

MATTHEW 11:28-30

Two Answers to a Tired Heart

Performance Religion

Try harder. Get over it. Produce. Perform. Muscle up.

Grace

Come to Me. **Receive. Rest. Come close.**

Performance religion will wear you out!

THE SILENT WAIT

Some waits you cannot talk about.

There is a difference between having no one and having no One!

Joseph held the dream in silence for 13 years.



HONEST LAMENT · PSALM 13

The Psalm 13 Bridge

VERSES 1-2

"How long?"

Four times in two verses. Said to God's face.

VERSE 5

"But I trust"

Feet planted on His unfailing love.

VERSE 6

"I will sing"

Praise before the breakthrough.

His situation did not change, but his posture did!

PSALM 62:8 · POUR OUT YOUR HEART BEFORE HIM

Lament Has a Counterfeit

Complaining

Talks ABOUT God, sideways. Israel wandered 40 years.

Lament

Talks TO God, upward. **David ended on the throne.**

TABLE TALK

When the wait gets heavy, does your mouth point up or sideways?

How Grace Heals

1. **Truth without shame**
   Psalm 103:13-14
2. **The finished work**
   Isaiah 53:5
3. **His presence**
   Psalm 23:3
4. **Worship that resets**
   Behind a closed door

The soft heart is ready. **Presence is medicine!**

40:31

ISAIAH

"Those who wait on the LORD shall renew their strength."

CHAPTER 5

The Grace to Keep Believing

Willpower was never built to carry you through a gap this long.



THE VERSE THAT MAKES THE DIFFERENCE

"But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

ISAIAH 40:31 (NKJV)

WAIT. RENEW. KEEP GOING.

You are not the factory. You are the receiver!

Why Willpower Fails

It runs out

A finite tank, bone dry years into the wait.

It puts the weight on you

You carry your faithfulness. He carries the result.

It cannot touch the enemy

Willpower cannot heal a sick heart.

Willpower is about production. Grace is about reception.

LAMENTATIONS 3:22-23

Daily Mercies for a Daily Mission

"Through the LORD's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness."

God does not give you tomorrow's grace today. **He gives you today's grace today.**

TABLE TALK

Where have you been trying to stockpile grace for the whole wait?

MARK 6:31 · COME ASIDE AND REST A WHILE

Rest Is Not Quitting

Quitting Says

"I am done. I am walking away from the promise." It hardens your heart.

Rest Says

"I am pausing to be refilled, so I can keep walking." **It softens your heart.**

If Jesus needed rest, so do you!

Three Postures Grace Enables

Fear Not

God's track record is perfect.

Forget Not

"I WILL remember." A decision, not a mood.

Faint Not

The harvest is already scheduled.

You do not white-knuckle these. **You receive them.**

Where This Lands With You

Name it, no shame
A symptom, not a sin.

Walk the bridge
Pour it out up, not sideways.

Get ready to receive
Soft heart, ready heart.

Stop grinding
Willpower is the wrong tool.

Plug in every morning
Today's grace for today.

Take the rest you need
Rest is holy.

Let's Talk

1. Where have you been trying to fix a heart problem with religious activity? What would receiving look like?

2. Have you been running on willpower or grace? How can you tell the difference in your own life?

3. If the promise arrived this month, is your heart soft enough to fully receive it?

This Week

Walk the Bridge

Pour it out to God. Say "BUT God" out loud. Then sing.

Plug In First

Before the phone, receive today's grace for today.

Read Ahead

Chapters 6 and 7: keep doing good until the door opens.

DECLARATION OF FAITH · A HEALED HEART

This is hard, BUT You are faithful. I am tired, BUT Your mercies are new every morning.

I bring my tired heart to You, without hiding and without apologizing. I will lament honestly, in Your presence. I will not complain sideways.

Whatever the wait has damaged, Your grace will heal! My heart will be soft and ready when the promise comes.

DECLARATION OF FAITH · GRACE TO KEEP BELIEVING

I repent of self-reliance. I have been grinding where You wanted me to receive. Today's grace is here for today, and I refuse to feel guilty for resting.

As I wait on You, my strength is renewed. I will run and not be weary. I will walk and not faint, because You are strong in me.

I am not finished, because Your grace is not finished! I declare this by faith. In Jesus' name. Amen!

LET'S PRAY

Sick, not stopped. Grace will heal it.

Next week: Keep Doing Good Until the Door Opens.

