

PERSERVERANCE: *Spiritual Endurance*

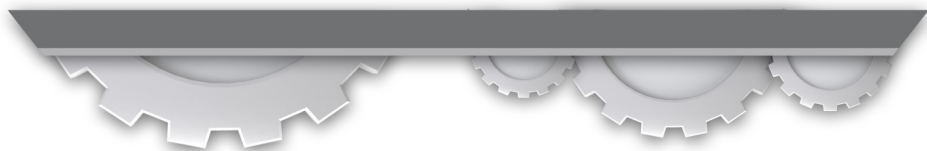
1 Corinthians 16:13-14

Running On Empty by the Numbers

- **The Burnout Epidemic:** According to recent 2024 Gallup workplace data, **48%** of the workforce reports feeling burned out, experiencing exhaustion severe enough to heavily impact their daily motivation.
- **Emotionally Drained:** The Society for Human Resource Management (SHRM) found that **45%** of workers feel “emotionally drained” from their daily responsibilities and a concerning **51%** feel completely “used up” by the end of the day.
- **The "Quiet Quitting" Pandemic:** The behavioral result of this deep exhaustion is what the culture has termed "quiet quitting." Gallup's State of the Global Workplace report reveals that **at least 50% of the U.S. workforce** falls into this category—employees who are psychologically detached, doing the absolute bare minimum just to get by because they no longer have the endurance to fully engage.
- **The Ongoing Toll:** Broader research from organizations like the Pew Research Center and the Kaiser Family Foundation shows that even years removed from the pandemic's height, psychological distress remains significantly elevated, with over **40%** of U.S. adults reporting periods of high psychological distress, anxiety or depression that far exceed pre-2020 baselines.

1. **BE ON YOUR GUARD:** The vital framework for rebuilding our psycho-emotional strength is spiritual and situational vigilance (v. 13).
2. **STAND FIRM:** When the culture wants you to bow down and bend over backward, do not compromise. Stand firm by holding your ground, despite the immense pressure to do otherwise (v. 13).

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3. **IN THE FAITH:** The foundation of our endurance is not what we feel or think. It is what Believers know—the objective truth of the Gospel of Jesus Christ (v. 13)!
4. **BE COURAGEOUS:** As People of Faith, we are called to possess a bold, unflinching resolve, even in the face of fear (v. 13).
5. **BE STRONG:** The strength that we need to persevere is literally the power that God gives us when our power has given out (v. 13, Ephesians 3:20).
6. **DO EVERYTHING IN LOVE:** God's unfailing love is the defining motive that prevents perseverance and endurance from becoming hatred and bitterness (v. 14, Romans 5:6-8 NRSVUE).

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