

Don't Try -Seek God, and He Will Help

Jeremiah 29:13 (NKJV)

“And you will seek Me and find Me, when you search for Me with all your heart.”

So many people are tired because they are trying to fix everything in their own strength. Trying harder, pushing more, worrying more, and carrying things that only God can carry will wear your heart out.

This message is a loving reminder to stop living in try mode and start living in seek mode.

When we seek God first, He helps us, strengthens us, guides us, and makes a way where there seems to be no way.

What Does “Don't Try” Mean?

This does not mean being lazy or doing nothing. It means:

- Don't depend only on your own strength
- Don't force what God has not blessed
- Don't panic and call it progress
- Don't strive without prayer

Sometimes we say, “I'm trying, I'm trying, I'm trying,” and the Lord is saying, **“Come to Me first.”**

NOTE: Trying without seeking can leave you frustrated. Seeking God before moving will leave you strengthened.

Seek God First, Not Last

Matthew 6:33 (NKJV)

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

Many people seek:

- answers first
- people first
- money first
- comfort first

But Jesus said to seek **God first**.

When God is first:

- your mind gets clear
- your heart gets settled
- your steps get ordered
- your strength gets renewed

Note: If we seek God first, we stop wasting energy chasing what only He can provide.

God Helps Those Who Call on Him

Psalm 46:1 (NKJV) “God is our refuge and strength, A very present help in trouble.”

Not a distant help

Not an occasional help

Not a maybe help

He is a very present help.

That means when you are:

- overwhelmed
- heartbroken
- tired
- confused
- under pressure

God is not far away. He is present and ready to help.

Note: You do not have to carry your battle alone. God is your help right now.

Trust God More Than Your Own Understanding

Proverbs 3:5–6 (NKJV) “Trust in the Lord with all your heart, And lean not on your own understanding
In all your ways acknowledge Him, And He shall direct your paths.”

Trying often sounds like this:

- “I can figure this out”
- “I’ll force it to work”
- “I’ll make it happen somehow”

Seeking sounds like this:

- “Lord, show me what to do”
- “Lord, I trust You”
- “Lord, direct my steps”

Note: God does not ask us to know everything. He asks us to trust Him in everything.

Jesus Invites the Weary to Come to Him

Matthew 11:28 (NKJV) “Come to Me, all you who labor and are heavy laden, and I will give you rest.”

This is for the person who is tired of trying.

Tired of trying to hold it together
Tired of trying to please everyone
Tired of trying to heal on your own
Tired of trying to carry pain in silence

Jesus says, “**Come to Me.**”

He did not say come perfect
He did not say come with a polished smile
He said come weary and He will give rest

Heavenly Highlight

Jesus does not shame you for being tired. He welcomes you and gives you rest, Amen!

The Holy Spirit Helps Us in Our Weakness

Romans 8:26 (NKJV) “Likewise the Spirit also helps in our weaknesses...”

This is such a comfort.

Even when:

- you do not have the words
- you do not know what to pray
- you feel weak in faith
- your emotions are heavy

The Holy Spirit helps you.

Note: Your weakness is not the end of the story. It is the place where God’s help can meet you.

Seek and Keep Seeking

Luke 11:9 (NKJV) “So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

Seeking God is not a one-time event. It is a daily walk.

- Ask in prayer
- Seek in the Word
- Knock with faith

God honors persistent hearts that stay close to Him.

Note: A seeking heart stays steady because it knows help is on the way.

What Seeking God Looks Like Every Day

Here are simple ways to stop trying and start seeking:

1. Pray first

Before texting everyone

Before stressing out

Before making a quick decision

Pray first

2. Open your Bible daily

God's help is not only emotional comfort. His help is also direction through His Word.

3. Worship in the middle of it

Worship shifts your focus from your problem to your Helper.

4. Ask God for wisdom

James 1:5 (NKJV)

“If any of you lacks wisdom, let him ask of God...”

5. Obey the next thing God tells you

Sometimes we want the full plan, but God gives us the next step.

Wisdom Nuggets

1. Trying wears you out when seeking would lift you up.
2. God is not asking you to force it. He is asking you to trust Him.
3. Prayer is not your last resort. It is your first response.

4. **God's help is strongest when your heart is surrendered.**
5. **When you seek God, peace comes before the answer sometimes, and that peace is helpful too.**

Life Applications

1) **Replace "I'm trying" with "I'm seeking God"**

Catch yourself this week and shift your words and your focus.

2) **Start each day with a surrender prayer**

Say, "Lord, I seek You first today. Help me and lead me."

3) **Make one decision slower this week**

Instead of rushing, pause and ask God for wisdom.

4) **Write down where God has helped you before**

This builds faith for what you are facing now.

5) **Rest in Jesus**

Stop carrying what belongs to God. Give Him the burden and receive His peace.

Reflection Questions

1. What area of my life have I been trying to control instead of seeking God about?
2. Do I go to God first or last when I am under pressure?
3. What does "seek God first" need to look like in my daily routine?
4. Where have I already seen God help me in the past?
5. What burden do I need to surrender to Jesus today?

Conclusion

Don't just try harder. **Seek God deeper.**

Trying alone leads to frustration, but seeking God brings strength, wisdom, peace, and help. The Lord is faithful, and He will help you as you call on Him, trust Him, and walk with Him one step at a time.

Bible Bestie, take a deep breath and remember this today:
You are not doing life alone. Seek God, and He will help.

Write what the Holy Spirit spoke to you during this Sermon

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Rooted in Scripture. Led by the Spirit. Living for Jesus.

Psalm 119:105 (NKJV) “Your word is a lamp to my feet and a light to my path.”