

Family TableTalk

Conversation 66

The True Source of Strength

read

Isaiah 40:28-31

think

In these last few months, I have had more time than usual to participate in activities that I find restful. I imagine you have, too. Reading a good book, working on a puzzle, or walking have become a part of my regular routine and rhythm, as opposed to something that I find myself trying to squeeze into a full schedule. As you think about the past months, maybe you have learned a new hobby or taken time for something you often felt too busy to do. Have you perfected the art of baking a sourdough loaf? Do you have a trip to Goodwill to schedule after cleaning the basement? Did family game night become a regular part of your your schedule?

Yet, in this season that allowed extra time for some of us to enjoy these activities, I found myself weary. The days felt long at home balancing work and keeping a toddler entertained. I missed corporately worshipping as a church family. These verses in Isaiah have served as a beautiful reminder. We see in these verses that our God, the everlasting Creator, does not grow weary. He even renews our strength when we grow tired and worn-out. These verses were a timely and challenging reminder. No amount of walking or working on a puzzle can bring the true restorative rest found only in God and His Word. We can cling to the promises of God found in verse 31—that those who hope in the Lord will have renewed strength!

apply

- Were there any rhythms and routines developed in your schedule during quarantine that you would like to continue as the calendar begins to fill up again?
- When are some times that you find yourself feeling weary or worn out?
- What ways can we, individually and as a family, encourage one another to look to God and His Word as our source for true, restorative rest?

pray

Heavenly Father, help us to look to you for our strength when we feel tired. As our schedules begin to fill with commitments once again, we ask that you would remind us of the promises found in Your Word. We pray for our friends and family who are feeling worn down and weary. Help us to share Your love and truth with them. Amen.

by Kerry Trunfio

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