



Family Discussion

Holy

Consider:

Isaiah 40:29-31 (NIV) He gives strength to the weary and increases the power of the weak. Even youths grow *tired and weary*, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will *soar* on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Discuss:

- Ask each family member ... where do you fall on the Energy Scale below? Why?



Faint and Weary



Soaring

Pray:



- If you are currently soaring, praise God for the strength He is providing. Ask how He wants you to use this energy for His glory
- If you are feeling faint and weary, ask God for strength as you pursue the work He has for you.

