



Family Discussion

Holy

1

Discuss:

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



Faint and Weary



Soaring

3

3

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.

2

2

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.



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4