



ISAIAH 40:30-31

30: EVEN YOUTHS GROW
TIRED AND WEARY AND YOUNG
MEN STUMBLE AND FALL;

31: 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.

REFLECTION
TIME

*What feels like a heavy burden right now?
How can God walk alongside of you so you
don't carry it alone?*
