

## NEED ENERGY?

Do you ever feel tired? Do you wish you had more energy to get through the day? Nowadays, you can pick up a tiny can of 5-hour energy at the gas station or select one of dozens of flavors of energy drinks in the cooler. It promises to keep you going. The new thing is for every fast food restaurant chain to offer their branded beverage with enhanced caffeine. Or, you can visit a drive-thru barista and snag a triple shot of espresso or a super-mega-barrel of plain black coffee. There is no end to the "energy" we can quickly obtain. But, if you have any experience with this, you know the boost is only temporary.

Ironic? The incessant search for a boost proves we don't have the energy we need within ourselves. The fact that supplying all these beverages is a massive industry demonstrates that it isn't a sustainable solution. The truth that some of them have been investigated, banned in schools, and accused of harming people is telling.

The same is true spiritually. In the midst of a broken world, it is quite easy to become weary. Much of our growing exhaustion isn't physical. Instead, it is spiritual and emotional weariness manifesting itself in physical ways. Sadly, we often turn to quick fixes for a boost. Unfortunately, they are temporary, and many are bad for us. So, what are we to do? If you are sick and tired of being sick and tired, an energy solution is ready for you. It is free, and it is even better than coffee. It is always available, and it never fails. However, it's not a quick fix. Instead, it is a pure source of raw energy that can sustain life each and every day.

Isaiah 40:28-31

28

Have you not known? Have you not heard?

The Lord is the everlasting God,  
the Creator of the ends of the earth.

He does not faint or grow weary;  
his understanding is unsearchable.

29

He gives power to the faint,  
and to him who has no might he increases strength.

30

Even youths shall faint and be weary,  
and young men shall fall exhausted;

31

but they who wait for the Lord shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary;  
they shall walk and not faint.

I hope you have an energized week.

Shalom,  
Ryan