



Low Batteries

Facilitator Note: We encourage facilitators to take this Bible study and expound on it throughout the week, allowing it to be a springboard for deeper conversation and personal meditation.

PRESS START

Having to recharge batteries can be the worst! It's even worse, though, when we don't take the time to recharge them and they die when we need them most.

Ask: When was the most inconvenient time for batteries to have died for you?

EQUIP

Much like batteries, we also should take time to recharge, relax, and renew ourselves.

Ask: Why do you think it is important to take time to rest?

LEVEL UP

Read: Isaiah 40:28-31 Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth Does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, And to him who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the Lord Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.

Is it not amazing that we can rest in a God who never wearies?

MOD

Ask: What are ways you take time to rest and recharge?

Ask: How can you better lean into God in finding your rest and peace in life?

PRAY

Pray: Lord give us the strength and courage to rest and trust you hold us when we do so.

NEXT LEVEL

Read: Hosea 6:6 For I delight in loyalty rather than sacrifice, And in the knowledge of God rather than burnt offerings.

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