

2 Week Survival Kit

Supplies needed for your two-week survival kit:

- This guide
- Your Bible
- Journal/notepad
- Pencil/pen
- A place



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1. **This Guide:** It seems like months since I have been hearing we need to “stay in place” for two weeks, as if by doing this, it will pass. I don’t know about you but it sure does seem like longer than 2 weeks. This is why we are doing a 2-week survival kit. Use this as a guide. If possible, print it.
2. **Your Bible:** You will want to dust off the “paper” Bible. I know you have it on your device but humor me. I think it will have special meaning. Write in it, underline, highlight. Make it a keepsake as a “stone of memorial” to future generations in the face this challenge.
3. **Journal or notepad:** Again, use that journal hidden in the drawer/closet. If you don’t have one, a notepad will do. There is something about writing on paper.
4. **Pen or pencil:** The fourth one is obvious: you need a pencil or pen.
5. **A place:** May I recommend a place outside if possible. If not, near a window or in a well-lit area.

As you work through this each day, don’t rush. Why rush? Enjoy the presence of the Lord as you read and meditate on His Word.

DAY 1: Read Mark 12:29-31

*Jesus answered, "The most important is **Listen, O Israel! The Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.** The second is, **Love your neighbor as yourself.** There is no other command greater than these."*

Years ago, Pastor Peter Lord of Titusville, FL would frequently say, "Keep the main thing, the main thing." When asked what the main thing was, Jesus stated that loving God with all your heart, soul, mind, and strength AND your neighbor as yourself.

As we begin this 14-day devotional guide, let's think about His statement in the context of our present challenges. We are spiritual (heart), mental (mind), emotional (soul), physical (strength) and communal (neighbor) human beings. Today and in the days to come, press into loving the Lord our God in all 5 of these connections.

HEART: Spend some moments focusing on your relationship with God. Talk to Him; tell Him about your day; listen to what He is saying. Need some help? Open your Bible to chapter 12 of Mark and read; ask questions to God as you read. Listen to what He is saying.

MIND: Do something other than listening to 24-hour news and staring at your electronic device: read a book, listen to an interesting podcast, do a project you enjoy.

SOUL: How are you doing? Emotionally? Take a deep breath. Do it again. Relax. Troubled? Listen to some calming jazz, soul, blues, praise music and turn everything else off. Enjoy the quiet. Talk to someone. Get distracted; we have time now – right...

STRENGTH: Exercise, get up and move. Stand while you watch TV. Dance a little or a lot (Nobody is watching)!

LOVE YOUR NEIGHBOR: I know, I know... you are having to keep your distance. But a phone call is an amazing connecting device when you can't be there. But, you say, "Nobody is calling." Well, you do the calling.



Over the years I have learned that if I don't keep these in balance, my faith, my thinking, my emotions, my body, and even my relationships will get off balance. Have you ever driven a car with a wheel out of balance? I have. Once the steering wheel almost bounced out of my hand. It is amazing how a little piece of metal in the right place makes a difference in balancing a tire. Live in balance; just like Jesus said in these verses.

Where do you need to start? Write out something you are going to do in all five areas mentioned. And, do it.

DAY 2: Read Psalm 46:10a

“Cease striving and know that I am God...”



The phrase “cease striving” is translated in other versions as stop fighting or be still. I don’t know about you, but in times of uncertainty, I strive and fight and am certainly not still. A few years ago, I was on the Amazon in a little wooden boat with a friend, a very healthy friend (pictured). We sat about 2 inches above the water. I learned a valuable lesson that day. The more that I strived, the more water got in the boat and I had to utilize the cut-out gallon milk jug to bail water.

One Monday morning I awoke in a funk – didn’t really want to do anything, listening to a lot of negative self-talk – as I approached my REST in Him with coffee, Bible, and journal in hand. God immediately brought this verse to my mind from Psalm 46. I said, “Father God, You are.” Not that He needed to hear it, but I needed to say it and know it – You are God. If You are God, then... I am not, it is not, they are not, nothing else is, no one else is. If You are God and you are, then I am going to be like a little child – with hand outreaching... come to You, trust You, depend on You.

Speak this out loud to Him:

- You are Right; Righteous – I have the righteousness of Christ!
- You are Defender – I am protected!
- You are Love – I am loved!
- You are Healer – I am healed!
- You are Redeemer – I am redeemed!
- You are Conqueror – I am set free!
- You are Victorious – I walk in victory!
- You are Savior – I am saved!
- You are Lord and King; You rule and reign – I am Yours!

When you are anxious, worried, uncertain, feeling like you are in the small wooden boat, stop wiggling, take a deep breath, and turn your thoughts to God. He is God! Keep your eyes focused on Christ Jesus and trust Him. He is trustworthy.

What is He saying to you?

DAY 3: Read Joshua 1:9

“Haven’t I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.”

How many times had Joshua heard those words? Moses told him (Deuteronomy 31:7), God told him (Deuteronomy 31:23), God told him again in Joshua 1:6 and 1:7. “Be strong”; “Be courageous”; “Don’t be afraid”; and “Don’t be discouraged”. Joshua was a young man when he first witnessed all the powerful things God had done in Egypt, such as the parting of the Red Sea, and he was one of the two spies who wanted to enter the promised land when Israel rebelled in fear. He was also a recipient of God’s provision for 40 years. Now Moses and Aaron are dead; all of First Generation are dead. God chooses Joshua to lead Israel into the Promised Land. Now he relies on all those past experiences of the faithfulness of God to trust His Word when He tells him, “The Lord your God is with you.”

God was with Joshua, all the days of his life. He led Israel to conquer the land starting with Jericho. He never failed Joshua. He faced alliances of kings that were far superior, and outnumbered the Israelites. But, the army of the Lord was on his side. The Lord fought his battle. And He will fight your battles. Be strong and courageous. Do not be afraid or discouraged. He was able to tell the people after the conquest, “As for me and my house, we will follow the Lord.”



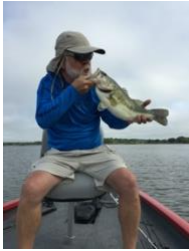
The same is true today. Has He not been faithful to you? Stop and remember when He has been with you – birth of a child, healing from cancer, in the sorrow of the loss of a parent, the lonely nights after the loss of a spouse, provided physical needs during a job loss. He was with you, He is with you, and will be with you. Wherever you go He is with you. REST in Him today.

One of the last challenges of Joshua to the people was to make a choice: gods of Egypt, gods on the other side, gods of those in Canaan, or the one true God. He made His choice. It’s time for us to make ours. Who or what will you and yours trust? As for me and my family, He is Jesus Christ! There is no other.

One other thought, Jesus is the Light. All the other gods work in darkness. Get out of the darkness, sit outside if you can, open the curtains, turn on all the lights. Light is healing – especially the Light of the World, Jesus Christ!

Write out those things that you fear on a blank piece of paper. Pray over that piece of paper. Give it to God and throw the paper in the trash. There is no need to hang onto the paper nor the fear it represents.

DAY 4: Read Mark 5: 1-11



“Master,” Simon replied, “we’ve worked hard all night long and caught nothing. But if you say so, I’ll let down the nets.” When they did this, they caught a great number of fish, and their nets began to tear. So they signaled to their partners in the other boat to come and help them; they came and filled both boats so full that they began to sink...Then they brought the boats to land, left everything, and followed him.”

What had just happened? The crowd was pressing in on Jesus so much so that He had to use the boat of a fisherman as His pulpit. Who were Peter and his friends? Fishermen. What had they done all night? Fished. What did they catch? Nothing! For a fisherman there is nothing worse than fishing all day/night and catching nothing. There is nothing better than docking the boat to place all of your catch on “the board” for all to see. Nothing worse than having no fish on “the board.” Peter probably had to swallow his words when he said to Jesus, we worked hard all night, we are seasoned fishermen, we caught nothing, BUT we will do it.

That day was the worst day of their lives. In a moment, there were so many fish that the boats began to sink. From the worst day ever to a record setting catch! What made the difference? Jesus. His Word. Three years or so later after the death of Jesus, Peter and his buddies had another night of nothing! Hoping for a reprieve in the dashing of their hopes by fishing, even that brought no relief. Then, they hear a voice, “Fish on the other side of the boat.” They do, and suddenly a huge catch, 153 large fish! This is not a fish tale. In a moment, the worst day became the best day. What made the difference?

Having a bad day? Who do you see? Who do you hear? Look for Him! He is here. Listen to His voice, His Word. What is He saying to you? Whatever it is, LISTEN. It will be life-changing! Write down what you hear God saying to you.

DAY 5: Read Psalm 21: 6

You give him blessings forever; you cheer him with joy in your presence.



“I’m down in the dumps.” I have not thought about that statement in years. I remember my mom using it in reference to my grandmother who had been having a difficult day after the death of Paw Wilbanks. Apparently “down in the dumps” derives from the Dutch 'domp,' mental haze or dullness, or from the German 'dumpf,' close, heavy, oppressive, gloomy.

In the midst of a difficult challenge or long-suffering days, it is easy to mull over the loss and can't do's. Before long, everything looks gloomy, and there is nothing good. We might say with Jeremiah 8:15, “We hoped for peace, but there was **nothing good**; for a time of healing, but there was only terror.” And v. 18, “My joy has flown away; grief has settled on me. My heart is sick.”

When I have these “stinking thinking” moments, I find it helpful to sing the song written by Johnson Oatman in 1897.

- 1) Sing it aloud:

*When upon life's billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.*

Refrain:

*Count your blessings, name them one by one;
Count your blessings, see what God hath done;
Count your blessings, name them one by one;
Count your many blessings, see what God hath done.*

- 2) On a sheet of paper, write the number 1 – 20 down the left side of the paper. Now write 20 different ways that God has blessed you.
- 3) Bless someone today with a call and a kind word.

DAY 6: Read Luke 4: 1-2



Then Jesus left the Jordan, full of the Holy Spirit, and was led by the Spirit in the wilderness for forty days to be tempted by the devil. He ate nothing during those days, and when they were over, he was hungry.

This may be an interesting verse to consider as a devotional. Why would I consider it? Think about it for a moment. Jesus had just been baptized and heard the blessing of the Father, “This is my beloved Son; with you I am well pleased.” Luke provides His humanly genealogy to “the son of Adam, **the son of God.**”

What an awesome experience to hear Him say I am well pleased with you! He must have been “walking on air.” Jesus leaves the Jordan “full of the Holy Spirit” and “led by the Spirit” into the wilderness for 40 days to be “tempted by the devil.” We are on day 6 of our 14 day. He was tempted for 40 days by the devil. He ate no food during those 40 days. When we are physically weak and hungry, we are most vulnerable to mental, emotional, and spiritual distress. It was at that specific moment that the devil tempted Him.

When you and I are “hangery,” we are most tempted to take shortcuts or lose faith and hope. And you can count on this: our enemy knows it. That is when he will tempt us to slip back into old habits and stinking thinking.

What to do, what to do? Do what Jesus did. With every temptation, He countered with a strong Word of God, “It is written.”

- “Man must not live on bread alone.” It’s not about the stuff.
- “Worship the Lord your God, and serve him only.” Worship and serve.
- “Do not test the Lord your God.” God has got you!

Now is the time to turn to the Word of God: read it, study it, pray it, memorize it, apply it. Follow the example of our Lord. Lean hard into the Word of God. After all, you are His son or His daughter. Hear the Father say to you who have trusted in Jesus Christ, “You are my child, and I am well pleased with you.”

He is not angry with you. He is not punishing you. He loves you. He proves Himself strong to you in every challenge you face. Trust Him!

Thumb through your Bible and write some of the promises of God. Psalms is a good place. If your Bible is a “study Bible,” there is probably a concordance or other help. Look up some key words that bring hope.

DAY 7: Read 1 Corinthians 2:9

“But as it is written, What no eye has seen, no ear has heard, and no human heart has conceived— God has prepared these things for those who love him.”



“I confess today that I am not really in the mood for another day like the last 7 days. Is there any end in sight to this challenge? I am tired and weary. I am not sure about today, much less tomorrow.” Ever felt like that? Ever wonder what will happen. I just don’t know. But...

“But,” is an interesting word. Often times used to negate an apology, to discourage an aspiring vision, or dismiss a dream. BUT “as it is written.”

Instead of this “stinking thinking” today, I am going to trust You to lead me today, to inspire me today. You are God! You know what is going to happen this day, this week – I trust You! Open my eyes, open my ears, do beyond what I couldn’t even imagine that which you have prepared for me today.

There is a story in 2 Kings 6 when Elisha’s servant awakened one morning surrounded by the army of the enemy. What did he see? Talk about waking up to a bad day! He rushes and awakens Elisha who was probably hoping to sleep in. Elisha gets up and asks God to open the eyes of his servant to see – I mean really see. God opens his eyes and he sees!! What does he see? Read the rest of the story beginning in 2 Kings 6:15. Today is all a matter of perspective. Typically, we see what we expect to see.

Pray this prayer in your own words, “Father, I long to see what you are doing. Open my ears to hear You speak. Let me see with Your eyes and hear with Your ears. Do beyond what I think is even possible. Prepare me this day for Your glory. For Your great Namesake, Amen.

I don’t know about you, but I am ready to see God at work, hear Him work, and be wowed beyond my imagination of what He will do.

Oh yeah, what did Elisha’s servant see? READ IT. Read the narrative through verse 23 and have a hearty laugh at the scene.

Write it out from the perspective of the servant. Gain a new perspective of your present challenge.

DAY 8: Read Jeremiah 29:11

“For I know the plans I have for you”—this is the Lord’s declaration—“plans for your well-being, not for disaster, to give you a future and a hope.”

We love this verse, don’t we? Many would say that this is their “life verse.” It is easy to trust this promise while we are experiencing good days. But, what about when disaster comes? When life is not going so smoothly? When you are in the midst of a disaster: flood, tornado, earthquake, cancer, job loss, COVID-19?

In verse 10 it reads, “For this is what the Lord says: ‘When seventy years for Babylon are complete, I will attend to you and will confirm my promise concerning you to restore you to this place.’” When 70 years are complete, not one week, not two weeks, not even a month or a year – 70 years! God spoke this through the prophet Jeremiah rebuking a false prophet who was saying that God had already broken the yoke.

It would be nice if every challenge, disaster, would be broken in a moment’s time, but the truth is that sometimes it may take days, months, years, or even a lifetime. “But,” there that word is again. But God has said.



God has a wonderful plan for you. He knows the plan. So often I wished to know the plan; sometimes He reveals His plan and sometimes He holds me and says, “Trust Me.” The plan is for your well-being, not disaster. It may seem disastrous, but for the daughters and sons of God, it is for our well-being. Right now, during these stay-at-home days are for your own good. Wait and trust. His plan is to give you a future and a hope.

Don’t succumb to the naysayers that speak doom and gloom. God has a future to give you and a hope. The future is for tomorrow and the hope is for today. Hope in Christ! “Now faith is the reality of what is hoped for, the proof of what is not seen.” Hebrews 11:1. Keep the faith.

Dream: Write out a “dream plan” for a future that gives you hope.

Day 9: Read Psalm 126:1-3

When the Lord restored the fortunes of Zion, we were like those who dream.

Our mouths were filled with laughter then, and our tongues with shouts of joy.

Then they said among the nations, "The Lord has done great things for them."

The Lord had done great things for us; we were joyful.



faith and hope.

Life can be hard, but how we do life is a choice. Paul wrote in 1 Corinthians 13, "Faith, hope, and love abide." Rightly so, we focus on love as a major point of this passage, but faith and hope DO abide with love. In the midst of struggles and challenges, one of the best things we can do is to be filled with

This Psalm is likely written at a mid-point, right at the moment of deliverance. They wear the scars of oppression while moving toward home. Pain in each step after years of slavery, as they laugh their way into Zion. The Psalmist says, "All the days of the oppressed are miserable, but a cheerful heart has a continual feast." (Psalm 15:15)

Being joyful is a choice. Allow yourself to laugh; laugh at yourself; laugh at a stupid "dad joke."

- What do runners eat before a race? Nothing... they fast!
- Why did the scarecrow win an award? He was outstanding in a field.
- Why did the invisible man turn down the job offer? He couldn't see himself doing it!
- Want to hear a joke about construction? I'm still working on it.
- As we would ride by a cemetery, my dad would say, "I wonder how many dead people are in that cemetery?" We would guess, then he would say, "All of them." He would have a belly laugh at our expense.

Okay, not funny. You try. My grandson and I would tell one another really bad jokes. Once the other said, "Uncle," you had to let the other tell corny jokes. Have fun. Play a game. Get those really stupid games out of the closet. Play Pictionary. Do something fun. "This is the day the Lord has made..." Do what? Do it!

DAY 10: Proverbs 4:12; Luke 19:4

When you walk, your steps will not be hindered; when you run, you will not stumble.

*So **running** ahead, he climbed up a sycamore tree to see Jesus, since he was about to pass that way.*



“When you run, you will not stumble”? Are you kidding me? How long has it been...? For me, it has been some time since I last ran. Actually, a few weeks ago before the “stay in place” my great grandson came for a visit. We played some basketball (he is 8). His uncle had spent a day teaching him how to shoot. He wanted his aunt to play, but he got stuck with me. I did run in short bursts, really short – 5 steps maybe. I digress. There are spiritual implications of these two verses, but don’t miss – walk, run, and Zacchaeus running with his short little stubby legs (I can associate) and climbing.

Before we get to the spiritual implications, one of the best things that you can do to help you get through a challenge like you are facing right now is to exercise. It refocuses our mind, get us breathing, clears our lungs, burns calories (Blue Bell – I hear you calling), helps us sleep. There are so many benefits. Can’t run? Do what you can where you are. It will help!

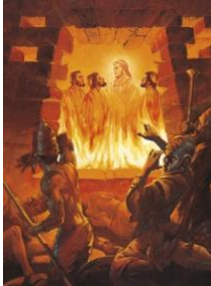
Solomon instructs “his son” to follow after wisdom. It will lead you to paths of uprightness. As we exercise our minds and our bodies, we stand a little taller, our shoulders cease to slump, and we hold our head high. When we walk in righteousness, our steps are unhindered, and we don’t stumble.

I love the story of Zacchaeus. I encourage you to read his story in Luke 19. Speak it out loud in your words. Playact his story. If you are alone, you get to do every part. If others are with you, each person take a role. Zacchaeus was a short man, hated by everyone (would not let him get to a place to see Jesus), climbs a tree and sits on a limb above the crowd (above the crowd and above the noise – another sermon for another day). Because he ran and climbed, what happened? Jesus saw him, Jesus calls his name (yes, He knew his name), Jesus needed him. Listen. Jesus sees you, yes you, right now. Listen... he knows your name. And guess what? He needs you, yep you. The Lord is watching you, knows you (yes, everything), loves you, and wants you.

RUN (physically if able, but spiritually and relationally RUN). Get up... come on get up.

DAY 11: Isaiah 43:1-2

Now this is what the Lord says— the one who created you, Jacob, and the one who formed you, Israel— “Do not fear, for I have redeemed you; I have called you by your name; you are mine. I will be with you when you pass through the waters, and when you pass through the rivers, they will not overwhelm you. You will not be scorched when you walk through the fire, and the flame will not burn you.”



“Now this is what the Lord says.” Right now, there are many voices speaking. They are telling all kind of things, some true and some not so true. Yes, it can be a scary time with so much uncertainty. Will it ever end? When???. There are many things that we do not know – perhaps more that we do not know than we actually know. Isaiah is writing to a people who have walked in disobedience and are now displaced living in a foreign land, without a home, without hope, beaten down, destitute. Does it sound familiar?

Circumstances are different, but the human feelings the same: shame, fear, doubts, hopeless, depressed, painful. We hear voices speaking: fearmongers, defeating self-talk, the enemy.

For a moment, listen to another voice. “Now this is what the Lord says.”

- Who? “The one who created you.” Replace your name for Jacob. “The one who formed you.”
- He says, “Do not fear.” Why? “For I have redeemed you.”
- He says, “I have called you by your name.” Yes, your name!
- What does He say? He says, “You are mine.”

Re-write this verse putting your name in the place of Jacob and the pronouns. Read it out loud. No matter what you are going through – deep waters or high flames – God says, “I am with you. I will carry you and protect you. You will not drown, nor will you get burned.”

Remember the Red Sea... Remember Shadrach, Meshach, and Abednego... Remember Daniel in the lion’s den... remember the many trials of Paul. Remember the last time, you thought there was no hope. He is there! Fear not; He is with you.

Take this challenge – no TV, no smart phone, no technology – for two hours. Sit and listen. Write out what you hear.

DAY 12: Colossians 3:15; 2 Timothy 3:16

And let the peace of Christ, to which you were also called in one body, rule your hearts. And be thankful. May the Lord of peace himself give you peace always in every way. The Lord be with all of you.



Peace. What is peace? Freedom from disturbance, a time without war, tranquility, a state of harmony. There are other descriptive words, phrases, and thoughts. The visual image I have is of a pond with no ripples from the wind or movement from fish or object.

There is so much noise in the world: TV, music, talking heads, buzzers, smartphone notifications, etc. There are times that I long for quiet. How about you? I find myself these days desiring quietness.

The place I need it most is in my heart, especially in the challenges of this day. In the midst of all the chaos of noise, troubled soulfulness, and a mind that will not turn off, I long for peace. Where can I find peace? In Christ Jesus! These verses state the promise that He is peace and is Lord of peace. Come to Him. He is already here. Be thankful!

Name a time when you didn't think you would make it. But you did, didn't you? God brought you through and when He did, you were filled with peace.

One of the ways that I find peace is to think on God, our Lord and Savior, Jesus Christ. Using the alphabet, write as many descriptions of God for each letter beginning with A.

DAY 13: Read Isaiah 55:8-13

“For my thoughts are not your thoughts, and your ways are not my ways.” This is the Lord’s declaration. “For as heaven is higher than earth, so my ways are higher than your ways, and my thoughts than your thoughts. For just as rain and snow fall from heaven and do not return there without saturating the earth and making it germinate and sprout, and providing seed to sow and food to eat, so my word that comes from my mouth will not return to me empty, but it will accomplish what I please and will prosper in what I send it to do. You will indeed go out with joy and be peacefully guided; the mountains and the hills will break into singing before you, and all the trees of the field will clap their hands. Instead of the thornbush, a cypress will come up, and instead of the brier, a myrtle will come up; this will stand as a monument for the Lord, an everlasting sign that will not be destroyed.”

Read these words 2-3 times until they rest in your soul. They speak about our uncertainties and His certainties. I am one who desires to have everything all figured out. How about you? From time to time, God reminds me that not only do I not have it all figured out or “all together”, but I am not even close. I need to be reminded that my role is to “be like a child with complete trust” living life in the presence of the Father. Knowing that His promises are absolutely true, as sure as the law of gravity on this earth, brings a calm assurance in each and every circumstance that I face.

We can trust His Word. There are so many empty words in the world today. Politicians make all kind of promises just to get elected. Spouses promise to love until death but walk away when he/she does not get their way, parents promise to play in a moment, only to stay on their phone. Do I need to add more? Didn’t think so... God’s promises are true! His word does not return to Him without accomplishing what He desires. His Word prospers! It is not empty.

I have learned, sometimes the hard way, that His Word, His way is the only way for life. When we trust and live in His Word, we have joy and are peacefully guided. All of creation bursts out into song and praise! They become a monument to the goodness and righteousness of the Lord which is an everlasting sign that will not be destroyed. There are many things that can be taken from us, but our testimony will last!

Can I encourage you today to write out your story, to be that monument to the Lord? Do as Joel 1:3 says, “Tell your children about it, and let your children tell their children, and their children the next generation.”

Earlier this year we went to Death Valley National Park. We learned of an unusual event that happened that brought the desert to life as a rain event took place:



DAY 14: Isaiah 40:31

“But those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.”



I love this verse, don't you? It sounds like it comes from a strong place. Sometimes, actually with every verse, we should check out the context to appreciate its full significance. Isaiah is a prophet of the Lord to a rebellious people who eventually get carried off into captivity. Jerusalem's walls are torn down and the Temple is destroyed after many, many days of being confined within its walls.

Not only did they not have toilet paper, they had no food. Read the story, it is not a pretty picture. They lose everything! What do you think they are experiencing?

Read the verses before this wonderful promise.

Jacob, why do you say, and, Israel, why do you assert: “My way is hidden from the Lord, and my claim is ignored by my God”? Do you hear their despair? Are there nights or even days that you are saying words similar to these?

Then listen: *Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding.* Allow those words to settle deep in your soul. Read them over and over again until they do. You may say, well that is great, but I am weary and faint. I am limited. Hear the Word of the Lord, as He continues: *He gives strength to the faint and strengthens the powerless.*

Faint? He gives you strength! Put one foot in front of the other. Be strengthened in Him. Are you powerless? Get up and go to Him. Be empowered in Him! *Youths may become faint and weary, and young men stumble and fall.* In speaking with young men and women – my children, young families in my church, they are growing faint and weary, many are beginning to stumble and fall.

Okay, First Geners, grandparent age, now is our time to shine brightly. “If you can't run with the old dogs, stay on the porch.” (I would give credit if I knew who first said it.) I believe that verse 31 is an anthem call to us! Let's soar high above all the challenges on the wings of eagles! Let's figuratively get off the porch. He is faithful! Now is the time that we must tell of the faithfulness of the Lord. You've been through WWII, Great Depression, tumultuous 60s, the Berlin Wall years, Vietnam War, nuclear threats, Cuban missile crisis, deaths, cancer, heart attacks, strokes, etc. God is faithful; let it be known to future generations as you soar over this challenge!

Call your children, your grandchildren, a young family in the church. Ask them: What is your greatest challenge right now? What is your greatest fear? Then tell them about the faithful God who gives strength.