

**Read: Isaiah 40:27-31**

## I Can't Do This Anymore!

### **Isaiah 40:28,29,31a**

The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. But those who hope in the LORD will renew their strength.

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

Have you ever tried again and again to get something right, but you couldn't seem to succeed? Maybe you are struggling with a math problem at school or a basketball shot that never goes in the hoop, maybe you said something to a parent but could tell they weren't really listening. You get frustrated. Maybe you've even said, "I can't do this anymore" or even worse, "If this is happening, does God really care about me?"

Does it help to know you're not the only one? In today's reading, God's people were feeling the same. Here was their concern, "My way is hidden from the Lord; my cause disregarded." That's Old Testament language for, "Does God even care about me anymore?"

Here is God's answer: "The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom." That means that God knows better. He knows how you feel. And he knows what's better for you at home, at school, or wherever you are.

It's okay to admit that you are weaker than God. You might be strong, but God loves showing his power when you're feeling weakest. Think about it like a game of tug-of-war. If God is pulling in one direction, and you're pulling against him, you will lose every time! But God loves to be on your side and pull for you especially in the times you feel most frustrated. It doesn't mean you won't still face problems, but they will not be torture. In fact, it might even be as easy as gliding like an eagle in the sky!

The next time you're frustrated and want to give up saying, "I can't do it!" remember to "hope in the Lord" (verse 31). Hope isn't just wishing things were good (like "hoping the weather is good tomorrow"). God never gets tired of helping you. You can trust him to pull you in the right direction.

*The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.*

### **Questions for the Younger Children**

- Talk about the last time you walked or ran so far that you got tired and needed someone to carry you.
- It's okay to get tired or frustrated. How can God "carry" you during those times?

### **Questions for Elementary Age Children**

- The Bible talks about soaring like an eagle when we trust in God. Describe the difference between how an eagle soars and other birds who flap their wings.
- Why would God say that we will soar like eagles when we trust in him?

### **Questions for Middle School and Above**

- In verse 28 the author asked, "Do you not know? Have you not heard?" This assumes that we should already know and have already heard what he's going to say next. But he still says it again. Why do you think we need to hear these promises of God again and again?
- What's a place in your life where you sometimes think God doesn't care about you? How does today's Word of God answer your worry?

### **Closing Prayer:**

God, humble me to see your ways as better than my ways. Remove all the things that are not pleasing to you from my life and renew my strength from my hope in you alone. Amen.