

Running on Empty

How God renews our hope when we are weary

Time:
7-10 minutes

Focus:
Hope, Strength, Weakness

Scriptures

Psalm 94:19
Psalm 40:11
Luke 15:4-7
1 Kings 19:3-8

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Release the need to pretend you're fine. Invite God into your exhaustion by saying a prayer like this: "God, meet me in my weariness. Remind me that you are my strength when I have none."

Thought starter

Everyone gets weary and empty sometimes. God doesn't shame us for our tiredness. He meets us in it and renews our hope and cheer.

Here's what we'll learn in this Quick Quiet Time:

- God knows when we are exhausted.
- God refuels us with hope.
- God doesn't scold us for being tired. He refreshes us and helps us rest.

God refuels us with hope.

Read these verses slowly. Let them speak to your heart:

Psalm 94:19 NLT

When doubts filled my mind, your comfort gave me renewed hope and cheer.

Psalm 40:11 TLB

O Lord, don't hold back your tender mercies from me! My only hope is in your love and faithfulness.

Luke 15:4-7 NLT

"If a man has a hundred sheep and one of them gets lost, what will he do? Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? [5] And when he has found it, he will joyfully carry it home on his shoulders. [6] When he arrives, he will call together his friends and neighbors, saying, 'Rejoice with me because I have found my lost sheep.' [7] In the same way, there is more joy in heaven over one lost sinner who repents and returns to God than over ninety-nine others who are righteous and haven't strayed away!"



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Notes:

- Hope is knowing we're never too far gone for God to find us.
- Weariness can make us feel forgotten—like God doesn't see our struggles. But even when we feel lost in exhaustion or doubt, God is searching for us.
- We are worth the pursuit.

 **Elijah's story: When even heroes feel worn out**

Before you continue, read [1 Kings 19:3-8](#).

**1 Kings 19:3-4 NIV**

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, [4] while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

Right after a huge win—calling down fire from heaven and proving God's power—Elijah ran away, scared and drained. He sat under a tree and told God, "I've had enough. Just let me die."

- Elijah felt totally spent, empty—and he was a faithful prophet! This shows that even strong, faithful people can hit a wall.
- But here's the good news: God didn't scold Elijah. He refreshed him. He renewed his strength.
- He sent an angel to give Elijah food, let him sleep, and reminded him he wasn't alone.
- God meets us in our low moments—with kindness, rest, and a reason to keep going.

 **Reflect**

- What's draining me right now—physically, emotionally, spiritually?
- What does rest with God look like for me today?

 **Write it down**

- Write down one area where you feel tired.
- Write down one verse that gives you hope.
- Write down one way you can rest with God this week.

Final thoughts

Rest isn't quitting. It's trusting. Hope is what strengthens us when we are weary. It grows in the cracks of exhaustion and shields us when we're too tired to fight.

- Hope whispers: "God sees me—even when I feel invisible."
- Hope declares: "God is near—even when I feel tired."

Closing prayer

"God, I'm tired. Not just physically—but spiritually. I need your comfort, your presence, your peace. Renew my hope. Restore my strength. Remind me that you're with me—even here. And thank you for never giving up on me."

**Humor break!**

What do you call it when a kid is fighting their nap?
Resisting a rest!

Share the inspiration!

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