

Finding Your Second Wind

How God refreshes us in times of exhaustion

Time:

7-10 minutes

Focus:

Fatigue, Strength,
Refreshment

Scriptures

2 Corinthians 5:2
2 Corinthians 11:26
Galatians 6:9
Colossians 4:2
2 Thessalonians 3:13
Psalm 119:28
Psalm 119:82
Psalm 119:123
Matthew 11:28
Proverbs 25:25
Matthew 9:36
Matthew 11:29
John 4:6
2 Timothy 1:16
Philemon 1:20
Hebrews 12:3
Revelation 2:3

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to quiet your heart and open your eyes to what he wants to show you today.

Thought starter

Weariness shows up everywhere in Scripture—from psalmists' tears to Jesus resting at a well. The Bible does not rebuke or shame tired people; instead, it reveals a God who moves toward them with compassion, rest, and renewal.

We will grow weary physically, mentally, and spiritually at times—but God encourages us and helps us to keep pressing on.

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

- Prayer keeps us refreshed in our moments of greatest exhaustion.
- God wants honesty from us, not perfection.
- Even Jesus got weary, and he can give us the way to our second wind.



Don't drop prayer.

2 Corinthians 5:2 TLB

How weary we grow of our present bodies. That is why we look forward eagerly to the day when we shall have heavenly bodies that we shall put on like new clothes.

2 Corinthians 11:26 TLB

I have traveled many weary miles and have been often in great danger from flooded rivers and from robbers and from my own people...

Galatians 6:9 AMPC

And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint.



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Notes:

Colossians 4:2 TLB

Don't be weary in prayer; keep at it; watch for God's answers, and remember to be thankful when they come.

2 Thessalonians 3:13 AMPC

And as for you, brethren, do not become weary or lose heart in doing right [but continue in well-doing without weakening].

Weariness is a normal part of a faithful life. Even the most committed leaders—like Paul—walked through long, exhausting seasons.

Paul's life proves that weariness does not mean we are outside of God's will. It's just an opportunity to come closer to him.

The point: We all have weary seasons, but we should never let them stop us from praying. Paul was often weary, but got his strength from prayer.

Be honest about weariness before God.**Psalm 119:28 CSB**

I am weary from grief; strengthen me through your word.

Psalm 119:82 CSB

My eyes grow weary looking for what you have promised; I ask, "When will you comfort me?"

Psalm 119:123 CEV

My eyes are weary from waiting to see you keep your promise to come and save me.

The psalmist didn't hide his exhaustion. He was honest with God about what was wearing him out and what it made him feel, and asked God to help him.

Try it: Take a moment to name your own weariness to God.

God brings refreshment.**Matthew 11:28 TPT**

"Are you weary, carrying a heavy burden? Come to me. I will refresh your life, for I am your oasis."

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Notes:

Proverbs 25:25 BSB

Like cold water to a weary soul is good news from a distant land.

God's presence refreshes; he doesn't pressure. He can be the place we turn to when we need rest.

Reflect: Where have you felt even a small sip of refreshment lately?

Jesus sees our weariness.**Matthew 9:36 NKJV**

But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.

Matthew 11:29 Voice

Put My yoke upon your shoulders-it might appear heavy at first, but it is perfectly fitted to your curves. Learn from Me, for I am gentle and humble of heart. When you are yoked to Me, your weary souls will find rest.

Jesus notices weary people and is moved with compassion for them. He wants us to come to him with our needs and feelings, and won't judge us for having them.

Even Jesus was weary.**John 4:6 BSB**

Since Jacob's well was there, Jesus, weary from His journey, sat down by the well. It was about the sixth hour.

Our fatigue doesn't disqualify us from God's purpose. It makes us more like Jesus.

Reflect: How can you learn from how Jesus handled his weariness? What's one thing he did that you can try?

God sends people to refresh us.**2 Timothy 1:16 Voice**

... May the Lord show mercy to his house because he has often stopped by to refresh my weary soul.

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Notes:

Philemon 1:20 TLB

Yes, dear brother, give me joy with this loving act and my weary heart will praise the Lord.

God puts people in our lives to bring us what we need. We must not let our fatigue isolate us because friendship brings us joy, peace, and much-needed refreshment.

Reflect: Who has God put in your life that you can reach out to today for refreshment?

More scriptures on getting a second wind

Fix your eyes on Jesus—he gives you the path through fatigue.

Hebrews 12:3 AMPC

Just think of Him Who endured...so that you may not grow weary or exhausted, losing heart and relaxing and fainting in your minds.

Don't give up — faithful endurance matters.

Revelation 2:3 AMP

... and [I know that] you [who believe] are enduring patiently and are bearing up for My name's sake, and that you have not grown weary [of being faithful to the truth].

Call to action: Finding our second wind

Take one intentional step this week to let God meet you in your weariness. It doesn't need to be dramatic—just real.

- **Be still** — Set aside five quiet minutes to breathe and rest in his presence. Meditate on a single verse of the Bible. Let God's Word be your quiet place of rest.
- **Be honest** — Share your weariness with a trusted spiritual friend or mentor.
- **Be rooted** — Revisit one Scripture from this lesson and pray through it daily.
- **Be mindful** — Notice one place where God has already refreshed you.
- **Be thankful** — Start a gratitude journal. Small thanks build strong faith.

Closing reflection

God is not asking us to be less weary. He is inviting us to bring our weariness to him. Our second wind rarely arrives in a rush. It comes as we keep showing up, keep praying, and keep letting God carry what we were never meant to hold alone.

**Humor break!**

Why can't the wind tell jokes?
Because it always blows the punchline.

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