

LET GOD LOVE YOU: Finding Strength in the Midst of Weariness

Sometimes the hardest thing to do is let God love us, especially when we are weary or afraid. However, His love doesn't depend on our performance or our energy. God is always ready, patient, and present. We see a perfect example of this in God's Word.

Read [1 Kings 19:1-6](#).

Elisha was at the point of giving up. He had just come off an emotional high (see the previous chapter), and now he was thoroughly depleted, running for His life. ***Have you ever had a time in your life when you were physically, mentally, and spiritually exhausted? What was that like?***

God knew exactly what Elisha needed. ***What did He provide? What did that provision allow Elisha to do?***

Exhaustion makes us vulnerable to discouragement. Educators are often considered superhumans, but everyone needs balance and rest. It is how we were created. God desires to give us rest. It is one way He demonstrates His love for us. The next time you find yourself depleted, rest in Him.

Read [1 Kings 19:7-8](#). ***How did the Lord get Elijah to the place that he was strong enough to move forward? How long did it sustain him?***

We all have a mission to complete. We are called to bear spiritual fruit and point people to Jesus. However, bearing fruit doesn't come from a place of depletion but of overflow ([Galatians 5:22-23](#)). ***Are you feeling fruitless? Is it time to rest? What might that look like for you?***

Read [1 Kings 19: 9-16](#).

The Lord posed this question to Elijah twice: "What are you doing here, Elijah?" The first time was after a safe night's sleep, and the second was after God displayed His mighty power. Interestingly, Elijah's answer to the question did not change. ***Why do you think that was?***

Elijah's story reminds us that God's love meets us where we are, even when we are tired and afraid. He provides rest, provision, and His presence so that we can continue the work He has called us to do. As educators, we can be tempted to push through exhaustion, believing we must carry the weight alone. However, God invites us to receive His love first so that our teaching, guidance, and care flow from a place of fullness rather than depletion. Take a moment today to let His love restore and strengthen you.

Heavenly Father, Thank You for meeting me where I am today, tired, worn out, and in need of Your love. Help me to receive Your care, rest, and strength. Help me also to trust that You are always present, even when I feel depleted. Renew my heart, restore my energy, and let Your love overflow in all I do. Amen.

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