

## THE QUIET WORK OF SUMMER

Summer feels like a pause button. Classrooms are empty, e-mails slow down, and the hum of daily school routines fades. In the Kingdom of God, however, even stillness is productive. Summer is not just a break; it's a blessing. Summer is a God-ordained invitation to rest, restore, and realign. Why is this so important? Let's take a lesson from an Old Testament prophet.

Read [1 Kings 19:5-8](#).

***Why did the angel implore Elisha to get up and eat? What was Elisha able to do after physically resting and replenishing?***

Elisha had been running for his life. He was physically, emotionally and spiritually bankrupt. While our lives are not in danger at the end of the school year, we are often in a state of depletion. Like Elisha, we must take care of our bodies so we will have the physical stamina necessary to begin a new year. ***How are you investing in your physical health this summer?***

Read [1 Kings 19:9-13](#).

***What happened when Elisha went and stood on the mountain in verse 11?***

***Why do you think God allowed all those powerful events to occur before speaking in the whisper?***

Elijah needed food and rest, but he also needed time in God's presence. He needed to know that God's power had not diminished and that everything was still under control. It's easy to lose sight of this when we are running on empty. Summer is the time to get our spiritual sea legs strong again. Like Elijah, you've poured yourself out in service to others. Now God says, "Eat. Rest. Be still. The journey ahead matters, but this moment does, too."

Take time this summer to nourish your soul. Spend unhurried moments with God. Let Him speak in the quiet. Replenish your joy, revisit your "why," and allow space for God to whisper new vision into your heart. When the next school year comes, you'll be ready—not running on empty but filled with fresh strength from above.

***What's one intentional way you can rest or reconnect with God this week?***

*Father, thank You for the sacred gift of rest. In this summer season, help me slow down, refill, and reconnect with You. Speak to me in the quiet places, and restore my soul so that I may serve with joy, clarity, and strength in the year ahead. Amen.*

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