

## 02-04-24 FOR THE JOURNEY THIS WEEK

“Waiting on the Lord...means trusting, relying on, and being confident in the Lord. We lean into the reality that says God is equipping us as we learn and grow as disciples, as we become those who have heard and those who know. We see God at work all around us, through the encounters and relationships of the people of God.”

- Lisa Hancock



Isaiah 40:21-31 ✝ Mark 1:29-39

### Questions for Reflection —

- In what ways are you presently feeling weary and exhausted? What challenges are sapping your energy and preventing your flourishing? What would it mean for you to rely on God for strength, direction, and power in the face of those challenges? What do you need in order to be renewed and re-energized? What will help you know yourself held and sustained by God?
  
- In what ways do you already see God working within you, in our congregation, and in the world? What would it mean for you to slow down and pay more attention to God’s presence? What for you is the “deserted place” where you can spend time alone with God? What distractions disrupt your ability to spend time with God each day? What do you need in order to deepen your prayer life?
  
- What gives you a sense of meaning and purpose in life? For what are you presently waiting and hoping for yourself, for our congregation, and for the world? What would it look like for you to soar? To what new heights might God be calling our congregation? What new possibilities is God opening before us?

### Daily Household Prayer

Loving God, from the very beginning you blessed creation. You have loved and shielded your people through all joys and trials of life. We come to you this day, rejoicing in the many blessings you have given to us. We open our hearts again to hear your word for us and to gather strength and joy for service in your world. Be with us and bless us again, we pray in the name of Jesus and through the power of the Holy Spirit. Amen.