



## Day 22 -You Will Be Renewed

Monday, December 16, 2019

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.  
(Isaiah 40:31)

With the increased pace of life in today's world it can sometimes seem hard to keep up. While technological advances allows instant communication and access to information, you can become overloaded with distractions leaving you feeling burnt out. The workplace, if understaffed or inefficient, can drain on you further. Add that to any number of family or other relationship issues, personal health, financial or societal issues and it is easy to see how mental and/or spiritual fatigue can set in. These days, the diagnosis of chronic fatigue syndrome has gained popularity. In Isaiah 40:31, the Prophet Isaiah states, "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Jesus called for those who are worn out and stressed to give Him their cares in exchange for His peace. If you are feeling stressed or worn out today, remember to make time to spend with God and lay your burdens at His feet. Also take inventory of your time and how and where you spend your energy. It may be that it is time to re-prioritize or to rearrange some aspects of your life.

Prayer: "Lord help me to know that when I feel stressed or burdened, I can come to you and exchange my troubles for your peace. Renew my strength today and help me to clearly identify the areas of my life that You would have me to change. In Jesus' name I pray. Amen."

Pray for God's continued guidance, protection, provision and success for Cliffard Whitby (Macon-Bibb 2020 mayoral candidate) and the Whitby2020 campaign team and supporters.

Pray that God would grow and increase this movement and energize individuals to co-labor with us for positive change.