

1st NIGHT OUT COFFEE SHOP

- *Approximate length of night out: 2 hours
- *Number of people: 1 (Do this night out on your own with God)
- *Money needed: \$ 10 or less (money for a drink and dessert)

**Sit, relax, order a beverage and some dessert. Do your devotion at the coffee shop while hanging with God.

Scripture - Isaiah 40: 29-31

He gives power to those who are tired and worn out; he offers strength to the weak. Even youths will become exhausted, and young men will give up. But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint (NLT).

Even the strongest people get tired at times, but God's power and strength will never diminish. He is never too tired or too busy to help and listen. His strength is our source of strength. When you feel all of life crushing you and you cannot go another step, remember that you can call upon God to renew your strength.

First Night Out Questions

- 1) Are you feeling tired? If so, what are you tired of? Is your tiredness something that could have been prevented?

- 2) Are you tired because you have been trying to do it all on your own? Have you asked God for help?

- 3) What are some problems you need to give up to God?

Pray

Give everything up to God. Ask that He would take away your burdens and tiredness, and help you feel restored. Give it up to God all the time, not just now.

Journal