

Verse of the Month Devotional

July

*I will refresh the weary soul
and replenish all who are weak.
Jeremiah 31:25*

Thoughts on the verse:

Sometimes we may struggle with seeing God as a harsh ruler up in the sky, waiting for us to make mistakes and fail. We may have to work hard to reframe the mindset that we have a Good, Good Father in Heaven who gives GOOD gifts and LOVES His children. He made a way for us where there was no way, and He is always there waiting for us with open arms when we may stray off the right path or struggle with understanding His plan. This beautiful verse in Jeremiah reminds us once again just how good He is: He promises to REFRESH our weary souls and replenish ALL who are weak. This promise is for ALL of us. So if you are feeling weary or weak, take courage and lean into His Word today: His promises are true, and as we trust in them, our faith is increased and our walk with Him goes deeper and sweeter each moment.

Prayer:

God we thank You that You give us such incredible promises, even when we may not remember what they are at times. Thank You that Your promises are true, and that you have plans for each one of us to prosper and live a life full of hope and future. Help us to remember that most when times seem dark and the future seems uncertain. Satisfy each weary soul, and refresh us when we are weak. Thank You that we can come boldly to Your throne and repeat Your Word to You to claim Your goodness. Above all things, heal our hearts and minds so we can go out and bring that same hope and healing to others, in Jesus' name.

Action:

What areas in life do you struggle with exercising faith in God's goodness? Is it your personal life, fears of abandonment or past trauma? Maybe it's not spending enough time in God's Word and needing to know it better in your heart? Take a few minutes to write down the most distrusting places in your life that you know you need to work on. Think about how you could work on those things and make a simple plan to work through your top challenges. Write them down and remind yourself to keep going every time you need to.

Notes: