PRAYER TO CARRY TODAY

STOP ROWING NOW.

YOUR STRENGTH IS IN THE QUIET.

Lord, I've rowed hard all day. I'm coming back to You to rest.

"...You will be saved in returning and rest. Your strength will be in quietness and in confidence."

ISAIAH 30:15 WEB

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PRAYER TO CARRY TODAY

STRENGTH IN THE QUIET

It's late and your mind is still rowing: replaying today, planning tomorrow, pulling hard against things that won't move tonight however much you push.

God said this through Isaiah to people who thought speed would save them. Their strength, He told them, would come from returning to Him and resting, from quietness and confidence. They refused and kept running. You don't have to. The strength you need for tomorrow isn't built by staying up working on it. It comes back in the quiet, when you turn around and let Him hold the night.

Put everything down now: the phone, the list, the conversation you keep rehearsing. Sit still for five quiet minutes and tell Him you're coming back. Then sleep.

PRAYER TO CARRY TODAY

SCRIPTURE

...You will be saved in returning and rest. Your strength will be in quietness and in confidence.

ISAIAH 30:15 (WEB)

A PRAYER FOR TODAY

Lord, my mind won't stop rowing. Here is the quiet I've been running from. Be my strength while I sleep.