

**Plug & Play Tools
for Missionaries**

HALF-DAY WITH THE LORD GUIDE



JULIE LAVIN

The 'I'm Worn Out' Edition

Half Day With the Lord Guide

THE "I'M WORN OUT" EDITION

BEFORE YOU BEGIN

1. Gather your beverage of choice, Bible, and smartphone.
2. Put your phone on 'Do Not Disturb.'
3. Do a happy dance for extended time with Jesus.

RELAX & ENJOY — 1 hour

Relax with Songs

Listen to these worship songs, or take time to fill up on your favorite songs in your playlists. Close your eyes and just listen.

"The Word Remains" — Woodside Worship

"Come All Ye Pining" — Red Mountain Music

"Rock of Ages" (When the Day Seems Long) — Sandra McCracken

"He Will Not Let Go" — Laura Story

Relax with God's Word

Sit back with in a comfy chair and listen to this [Biblical meditation video](#) (15 minutes). Rest your heart with God's Word.

Take a Nap [if you need it]

There is no shame in that game!

DEVOTIONAL — 1 hour

Isaiah 30

Isaiah condemns Israel for looking to Egypt and not God to save them from the Assyrians. Even in His rebuke, God deeply cares for them.

This passage is peppered with rebuke, but pay attention to how the Lord addresses them as “children.” God even calls them “stubborn children,” but they are loved..

The Israelites are worn out. They want relief. Can you relate? God wants to give the Israelites rest from being weary. The Israelites seek other things to fill their ache. But when they turn away, the Lord moves towards them.

When you are weary, do you look to other things to refresh you? We think we know best. But just like the Israelites, the Lord gently calls us back to Himself again and again.

I wish I could read the passage along with you and uncover all of the gems He has in there for you.

PONDER - 1-2 hours

Study Questions

1. What phrases or words caught my attention?
2. What themes are emphasized in this passage?
3. What ideas are repeated?
4. What is the big idea in this chapter?
5. What do I learn about the Israelites? How can I relate?
6. What do I learn about God?
7. What does this passage tell me about reality?
8. Write down additional observations, questions, or insights from this passage.

Reflection Questions

9. Currently what causes me to feel worn out?
10. How is being worn out impacting my ministry and me?
11. What people, things, or activities — sudo Egypt — do I run to when I am worn out?
12. What gets in the way of me looking to Jesus right now?
13. Re-read Isaiah 30:15-18. How does this verse speak to my worn out spirit? Where I am not returning and not resting? Where does the Lord want to be gracious to me?
14. What help do I need from the Lord right now?
15. In the past, how have I moved from being worn out to refreshed?
16. How can others come alongside me?
17. When and how will I ask them?

UNPOLITE PRAYER - 30 min

We can be too polite when talking with Jesus. You can be reverent and still beat on the Lord's chest. He's the only one who can truly take it.

1. Pray about circumstances that make me weary.
2. Pray about the insights that the Lord revealed to me in Isaiah 30.
3. Ask God to show me ways that He and or His people can refresh me this week.

I hope this Half Day with the Lord Guide was helpful. Please give me feedback so that I can make more or make it better. You can reach me at hello@julielavin.com.



Do you want more reflection questions for those hard personal and ministry days?

Download now at: julielavin.com/ministryleader

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