

*God's
medicine
when you feel
exhausted
and
overwhelmed*



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You will not get drowned in the mighty waters of exhaustion!

I have created you; you are mine. Do not fear, I have redeemed you! When you pass through the waters, I will be with you. **The rivers will not sweep over you! You will not get drowned in the mighty water of exhaustion; you will not burn out.** When you walk through the fire, the flames will not set you ablaze. This will not happen because I am with you. (Isaiah 43:1-2)

You are my servant; I delight in you and I have put My Spirit in you. **You will not falter nor be discouraged.** I take hold of your hand, I keep you and will make you succeed in your mission and calling to bring light, to open blind eyes, and to set captives free. (Isaiah 42:1-7)

Rest in my complete knowledge and care!

Come, lean on my complete care and knowledge of you. I know you inside out and know exactly what you need. My Spirit is always with you! **Rest in my embrace! Let me search and test and know your anxious thoughts!** Let me lead you in the everlasting way. (Psalm 139)

Focus on my provision today!

You are my witness that I am God. **Forget what was yesterday, see the new things in you and your life I am doing today!** I am doing new things! I am your **Way-maker and Provider!** (Isaiah 43:12, 18-19)



I am the source of your strength!

Strengthen yourself in acknowledging that I am the everlasting God, the Creator of everything. I will not grow tired or weary, and My understanding no one can fathom. **I give strength to the weary and increase the power of the weak.** Even youths grow tired and weary, stumble and fall; **but if you put your hope in Me, you will renew your strength.** You will soar on wings like eagles; you will run and not grow weary; you will walk and not be faint!
(Isaiah 40: 28-31)

I have chosen you; I have formed you in the womb and I will help you! **I am watering your dry places with my Spirit; I pour out blessings on you!** You will spring like grass in the meadow, like a tree by a flowing stream. (Isaiah 45:1-5)

I am guiding you and I will make you succeed!

You are walking along unfamiliar paths. But they are familiar to me. **I am guiding you. I turn the darkness into light before you. I make rough places smooth.** These are the things I am doing; I will never leave you, nor forsake you. (Isaiah 42:16)

I take hold of your right hand and **I subdue problems and obstacles before you. I go before you and level the mountains;** I open doors before you and make for you a way. I give you hidden treasures and riches along the way I lead you. (Isaiah 45:1-4)