

Day Three – Strength for the Long Haul

Scripture: “*Let us not grow weary in doing good, for in due season we will reap, if we do not give up.*” – Galatians 6:9

The hardest part of recovery is not always the beginning—it’s the middle. At first, there’s adrenaline. Helpers rush in, neighbors show up, and a sense of unity pushes us forward. But as days turn into weeks and weeks into months, the work feels heavier. The excitement fades. The quick fixes are done, but the long repairs remain. That’s when weariness can creep in.

Maybe you’ve felt it too. You look around and think, *I thought I’d be further along by now.* Or maybe discouragement whispers, *It will never get better. You’re stuck here forever.* Those thoughts can drain our spirit and leave us tempted to give up.

But God reminds us through His Word that every small act of perseverance matters. He calls us not to grow weary, because He knows that the harvest takes time. A seed planted today doesn’t bear fruit tomorrow, yet we trust it’s growing beneath the soil. In the same way, each small step of progress—even the ones no one else sees—moves us closer to the harvest God has promised.

Strength for the long haul doesn’t come from pushing harder in our own power. It comes from drawing near to God daily, receiving His fresh supply of grace. He knows we can’t carry the weight on our own. That’s why He offers rest for the weary, peace for the anxious, and renewal for the tired.

Recovery is not about racing to the finish line—it's about learning to depend on God for strength one day at a time. And one day, we will look back and see how far He has brought us.

Reflection:

- Where in your journey do you feel the weight of weariness?
- Are you trying to push through in your own strength, or are you leaning on God for daily renewal?
- What would it look like to trust God for “today’s strength” instead of worrying about tomorrow’s?

Prayer:

Lord, I admit that I feel tired. Some days it feels like I'll never finish the work in front of me. But I know You have promised strength for those who wait on You. Renew my heart. Refresh my spirit. Help me not to grow weary, but to trust that every step, no matter how small, is part of the harvest You are bringing. In Jesus Name We Pray, Amen.