

# FIFTH SUNDAY after the EPIPHANY

**Directions:** Read the scripture selected from the Revised Common Lectionary, perhaps before bed, in the morning, or during a family meal. Move through the discussion questions in one sitting or answer one a day to help reflect on the scripture throughout the week. End your time in prayer. This could be a simple ritual to incorporate into the week.

## ISAIAH 40:21-31

Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations of the earth?  
It is God who sits above the circle of the earth,  
and its inhabitants are like grasshoppers;  
who stretches out the heavens like a curtain,  
and spreads them like a tent to live in;  
who brings princes to naught,  
and makes the rulers of the earth as nothing.  
Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when God blows upon them, and they wither,  
and the tempest carries them off like stubble.  
To whom then will you compare me,  
or who is my equal? says the Holy One.  
Lift up your eyes on high and see:  
Who created these?  
God who brings out their host and numbers them,  
calling them all by name;  
because God is great in strength,  
mighty in power,  
not one is missing.  
Why do you say, O Jacob,  
and speak, O Israel,  
“My way is hidden from the Lord,  
and my right is disregarded by my God”?  
Have you not known? Have you not heard?  
The Lord is the everlasting God,  
the Creator of the ends of the earth.  
God does not faint or grow weary;  
God’s understanding is unsearchable.  
God gives power to the faint,  
and strengthens the powerless.  
Even youths will faint and be weary,  
and the young will fall exhausted;  
but those who wait for the Lord shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.

## DISCUSSION QUESTIONS

1. How does it feel to know God never grows weary (even though we often do)?
2. How have you found encouragement in God?
3. Why is it important God gives power to the faint and strengthens the powerless?
4. Where have you seen God lift up those in need?
5. What can we do in our lives to empower those who lack power?