

*Never-Tiring - God never gets tired or weary*



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Do you have your own bed and pillow and blanket at home? How often do you use them? Why do you have to use them every night? Why not once a week? Why does your body get tired out so often? Our bodies get tired every single day and we have to stop and sleep.

The Bible tells us God has created and sustains all things. In other words, God made the world and he keeps it going. God keeps us going, too. He gives us the energy and strength we need to stay alive. He watches over the plants and animals, the wind and rain. He keeps the moon and the stars in their places.

Does God ever sleep? Does he run out of energy? Does he get tired or need to rest?

- No! God is never tired. God never runs out of energy.
- God always has the energy he needs to accomplish his purposes.
- So God is always able to give us the rest we need to renew and strengthen our bodies.

Look up Matthew 11:28-29. What does God promise to do for those who come to him?