

Back to Hope — Week Five August 30,2026

God Strengthens the Tired: Jeremiah 15:15–21

I want us to begin by listening to these words from Jeremiah:

“Your words were found, and I ate them, and your words became to me a joy and the delight of my heart.” — Jeremiah 15:16. But only a few verses later, Jeremiah cries: “Why is my pain unceasing, my wound incurable, refusing to be healed?” — Jeremiah 15:18

And then God answers: “I am with you to save you and deliver you.” — Jeremiah 15:20 My Saints of Advent, listen to that movement: **Joy. Tiredness. Promise.**

Jeremiah began with joy. Then Jeremiah became tired. And God met him with a promise: **“I am with you.”**

We All Become Tired

Becoming tired is part of being human. You get the **job** you prayed for. You celebrate: **“God answered my prayer!”**

Then come the deadlines, demands, difficult personalities, and pressures. The job you once celebrated becomes the job you sometimes complain about. **You become tired.**

I saw another example when I was working in cross-cultural mission in Nashville. I spoke with immigrants from different parts of the world, and I often heard a similar pattern. Getting the visa was a celebration! Family and friends celebrated. There were farewells. America represented new possibilities.

Then they arrived. At first, everything seemed exciting. But then came a new language, new systems, a different culture, different expectations, and the daily work of building a new life.

After several years, some would tell me how tired they had become. Some even wondered whether, if they had the opportunity, they might make a different choice. Not because America suddenly became bad. Not because their original hope was false. **The journey had simply become tiring.**

And all of us know something about aging. We were once younger. We could run faster, work longer, and do things without thinking twice. Then one day the mind says, **“Let's go!”** And the knees answer, **“You go. We will stay here!”** We become tired.

When We Become Tired, What Do We Do?

And that is the question this text puts before us: **When we become tired, what do we do?** We have a choice. We can continue on our own. We push harder. We become frustrated. We complain more. Sometimes we begin sinking deeper into the very situation that has made us tired.

Or we can turn toward God. Scripture says: **“He gives power to the faint, and strengthens the powerless.” — Isaiah 40:29**

That is what Jeremiah discovers. Jeremiah is tired of the journey— **but God is not tired of Jeremiah.** God says: **“I am with you.”** God calls Jeremiah back. God restores him. God strengthens him. And God shows Jeremiah that his present situation does not have to be the end of his story.

Jesus Brings Us Back to Hope

And for us as Christians, this promise comes into its fullest light in Jesus Christ. Jesus looks at people carrying the burdens of life and says: **“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” — Matthew 11:28**

Notice those words: **“Come to me.”** Jesus does not say: **“Try harder by yourself.”** He says: **“Come to me.”** When you are tired— **Come to me.**

When you don't know what to do next— **Come to me.** When something you once celebrated has become difficult— **Come to me.** And when Paul struggled with his own weakness, Christ told him: **“My grace is sufficient for you, for power is made perfect in weakness.” — 2 Corinthians 12:9**

There it is again. Jeremiah hears: **“I am with you.”** Jesus says: **“Come to me.”** Paul hears: **“My grace is sufficient.”** The Bible does not simply tell tired people: **“Try harder.”** The Bible points tired people **back to God.** Because when our strength becomes small—**God's strength has not become small.**

Help Someone Else Back to Hope - our challenge this week

And there is one more responsibility for those of us who have received this grace. If Christ meets us when we are tired, **we should not make somebody else's journey heavier.**

Someone around you may be tired. Your neighbor. Your coworker. Your friend. Your child. Your parents. Your husband or wife. Even someone sitting beside you this morning. Do not become another burden they have to carry.

Help them find hope. Listen. Encourage. Walk beside them. Sometimes simply remind them: **“God is not tired of you.”**

Back to Hope

For five weeks we have been walking **Back to Hope.** God invited us: **“Come to the waters.”** God met us in the silence. God gathered us into a house of prayer for all people. God called us to remember His faithfulness. And today, when we are tired, God says: **“I am with you.”**

Look at what God has been doing this month here at at Advent: **God invited us. God met us. God gathered us. God reminded us. And God strengthens us.**

My Saints of Advent, **Back to Hope** does not mean that we will never become tired. It means that **when we become tired, we know where to turn.** We turn to Jesus, who says: **“Come to me.”**

You may become tired of the journey— **but God is not tired of you.** Come back to Him. Let Him strengthen you. Let Him help you see a way forward. and eventually the situation is change.

And then go and help somebody else find their way **Back to Hope. That is God's promise. That is our strength. That is our hope.** Amen.