

Empty

Friendships aren't always easy to sustain. Sometimes, it feels as though the air has simply gone out of them – even ones that were once strong. Consider the words Naomi speaks in Ruth 1:21.

“I went away full but the Lord has brought me back empty.”

Think about your friendships. Choose one that is running on empty, that is just not as strong as it used to be. Write that person's name on a balloon. Then blow up the balloon. Do not tie it.

Slowly let the air out of the balloon. As the balloon deflates, pray specifically for the friend who's name you wrote on the balloon – regardless of what becomes of that friendship.