

**28 May 2026**

**Whenever you do a funeral as a chaplain, it wears you out. I love being there for the families, but it is as draining as physical work. Each day I have to ask the Lord for the strength to get through it. We, as humans forget we cannot do it without him. We need Him to have the strength for the day.**

**Isaiah 40:29 – “He gives strength to the weary and increases the power of the weak.” God provides strength to those who acknowledge their need**

**We get our strength through Him; along with our knowledge. We must remember this. When I go off on my own I remember this.**

**Isaiah 40:31 – *“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”* Trusting God gives us renewed energy and endurance**

**And when we don't listen to God:**

**Jonah 1:3**

**<sup>3</sup> But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.**

**So, between the two choices I know what I would chose.**

**Following the Lord,**

**Chaplain Tony**