

Strength for Families Who Feel Worn Out Stronger Families Through Christ - Part 1

Life Church St. Louis September 21, 2025
Lead Pastor Dan Walker, PhD, MDiv

Pray Daily for your Five Friends Focus

Introduction

Psalms 1:2-3 (ESV) but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

Isaiah 40:29 (ESV) He gives power to the faint, and to him who has no might he increases strength.

John 7:37-38 (ESV) On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

1. We Root Our Identity in Grace

Colossians 1:1-2 (ESV) Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother, To the saints and faithful brothers in Christ at Colossae: Grace to you and peace from God our Father.

Colossians 1:3-4 (ESV) We always thank God, the Father of our Lord Jesus Christ, when we pray for you, since we heard of your faith in Christ Jesus and of the love that you have for all the saints,

Colossians 1:5 (ESV) because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel,

2. We Pray for Wisdom and Walk Worthy

Colossians 1:6 (ESV) which has come to you, as indeed in the whole world it is bearing fruit and increasing—as it also does among you, since the day you heard it and understood the grace of God in truth,

Colossians 1:7-8 (ESV) just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf and has made known to us your love in the Spirit.

Colossians 1:9-10 (ESV) And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God;

3. We Live from Christ's Rescue, Not Our Reserves

Colossians 1:11 (ESV) being strengthened with all power, according to his glorious might, for all endurance and patience with joy;

Colossians 1:12 (ESV) giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.

Colossians 1:13-14 (ESV) He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

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Study Guide

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Introduction

1. When your home feels like a drooping plant, what helps you notice that God is already pouring life back in?
2. What daily rhythms help you draw nourishment from God's Word so your family doesn't wither in busy seasons (Psalm 1:2–3)?
3. Where are you feeling faint, and how might inviting God into that weakness open the door to fresh strength (Isaiah 40:29)?
4. What would it look like, practically, for your family to “come and drink” from Jesus this week so that life overflows at home (John 7:37–38)?

1. We Root Our Identity in Grace

1. How does remembering that your identity is given by God's will and covered by grace reshape the climate of your home (Colossians 1:1–2)?
2. Where have you recently seen faith and love show up in your family life, even when everyone felt tired (Colossians 1:3–4)?
3. How does lifting your eyes to the hope laid up in heaven fuel present love and perseverance in your family (Colossians 1:5)?
4. If your family adopted one simple weekly habit to remember who you are in Christ, what would you start this week and how will you keep it visible at home?

2. We Pray for Wisdom and Walk Worthy

1. How does receiving the gospel's grace again and again keep your family fruitful rather than frantic (Colossians 1:6)?
2. Who are the “Epaphrases” around you, and how could your family more intentionally welcome their encouragement and help (Colossians 1:7–8)?
3. What would change in your household routines if you prayed daily to be filled with God's wisdom so you could walk in a way that pleases Him (Colossians 1:9–10)?
4. Choose one decision your family is facing and describe how you will pray for wisdom, take a first step, and check back together on how it went.

3. We Live from Christ's Rescue, Not Our Reserves

1. Where do you most need endurance, patience, and joy right now, and how can you ask God for His strength rather than pushing from empty tanks (Colossians 1:11)?
2. How does knowing that God has already qualified you change the way your family handles guilt, performance, or comparison (Colossians 1:12)?
3. What difference does it make at home to remember that you've been delivered into Christ's kingdom with real forgiveness and freedom (Colossians 1:13–14)?
4. Before the week starts, how will your family practice confession, receive assurance, and then look outward with a simple act of love toward a neighbor or friend?

Conclusion

1. What one shift will your family make this week to drink deeply from Christ instead of trying to survive on your own strength?
2. Where do you want to see “leaves lift” at home, and what specific prayer or step of obedience will you take together today?