



Finding Strength in God

WEEK 1

WARM-UP

- What top three things do you do to recharge?
- Tell us about the most physically exhausting activity you recently had to do.
- What is something you had to ask someone stronger to do for you? What happened?

WORD *³⁰Even youths shall faint and be weary, and young men shall fall exhausted; ³¹but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. **ISAIAH 40:30-31***

Isaiah spoke these words to God's people while they were in exile. He wanted them to hope in God for restoration. Whichever generation we are part of, we will all experience being *faint and weary*. But God promises us through Isaiah that those *who wait for the LORD shall renew their strength*. What are three things we can learn from this Scripture?

1 | We grow faint and weary.

Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"?

ISAIAH 40:27

In exile, God's people felt like He didn't see them or wasn't listening to them. This is a pattern we experience even today. In this life, frustrations and tiredness are unavoidable. Today, people put emphasis on acknowledging a person's weakness and exhaustion instead of fighting or denying it. While that's not wrong, it shouldn't end there. God promises a greater hope for those who feel faint and weary. Tell about a time in the last few months you felt faint and weary, even as a follower of Christ.

2 | God is everlasting.

²⁸Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. ²⁹He gives power to the faint, and to him who has no might he increases strength. **ISAIAH 40:28-29**

Isaiah made the point that if the Israelites were asking such questions and doubting whether God could hear them, they must not have realized who God is. He reminded them: God is everlasting and the Creator of the whole earth; He knows and understands everything, and unlike us, He never gets tired. And as our good and merciful God, He even gives of His fathomless power to those of us who are faint and weary. How often do we need to be reminded of who God is? How can we take comfort knowing that God is above our circumstances?

3 | God renews our strength.

³⁰Even youths shall faint and be weary, and young men shall fall exhausted; ³¹but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. ISAIAH 40:30-31

To *wait for the LORD* means we look forward with hopeful expectation that something good is coming. We may experience frustrations and our future may seem bleak, like the Israelites in exile, but we eagerly wait for God because we can't overcome our frustrations and struggles on our own. Even young people, who are known for their passion and reserves of energy, can grow tired, but we can put our hope in our everlasting God, who will give us this strength if we wait on Him. What does waiting on the Lord look like for you in your situation?

APPLICATION

- What did you learn about waiting on God today? Is there a mindset shift you must make to start waiting upon Him for renewed strength? How does God refresh and renew your soul?
- Do you sometimes feel like God isn't listening to you or doesn't see you? What is the truth about God's character that you can hold on to? Take some time this week to pray through your situation and reflect on God's faithfulness to you.
- Memorize Isaiah 40:30-31. Claim this Scripture over situations you are facing where you feel tired and burned out.

PRAYER

- Thank God for who He is, that He would gladly give of His strength to those who are faint and weary. Thank Him for His love, mercy, and understanding that knows exactly what we are going through.
- Pray for the refreshing of God over your soul day by day. Pray that He will renew your strength and reignite your passion beyond what the world throws at you.
- Pray for friends or family members that you know are going through situations where they feel weary or burned out. Ask God for wisdom and courage so you can encourage them.

NOTES
