

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 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. Isaiah 40:29-31

Strength

I'd like to ask you a question. Go ahead, I'm listening. **Do you think that you are strong?** Since you are asking I know that the answer can't be yes. **Is that really the only reason?** No, my life experience has taught me that I am weak and prone to get weary and stumble and fall. **But, there have been plenty of times that you have thought that you were pretty strong, aren't there?** Yes, that's true, I suppose. **How strong do you feel right now?** Not very. Actually, my opinion of my own strength and power is getting weaker all the time. **Why do you think that is true?** As I draw close to you, I'm getting a clearer understanding and picture of your power and my weakness. I look at you and say to myself, I have none of that.

Would you like strength and power from me? Yes, I definitely would. **Why is that?** I would like your power and strength so that I can be and do all that you ask of me. **You don't want it for yourself? You won't strut around like some muscle man wanting to demonstrate his great strength?** No, I desire your strength to accomplish your purposes and plans. **You have given good answers. I won't give my strength and power to the proud. Usually, they don't ask for it because they think they don't need it.** That works out then. **It does. I also won't give my strength and power to those who can't and won't use it.** What do you mean by that? **Do you need my strength and power while you are sitting around on a couch watching television and eating potato chips?** No, I'm sure not. **My power and strength is given when you need it as you engage in the work that I'm calling you to do.** I get it. **Are you sure? Haven't you tried to do my work without asking for my strength and power?** Yes, many times. **Why is that?** I was confused. **How so?** I thought I had all that I needed and I was completely wrong. **I'm glad that you see that now.** Me too.

How much of my strength and power do you want? All that I need to live for you and accomplish the tasks that you have called me to do. **How willing are you to come and ask and wait for my strength and power?** I will devote myself to coming, asking, waiting, and relying on you for all your help. **Let's review this. You will come? You will ask? You will wait? You will work? Are all these true?** Yes, these are the commitments that I am making to you today. **Good. When you do these I will most certainly hear and answer your prayer. You will have my power and strength.**

Lord, life has left me weary and worn out. I'm tired and weak. I need your power and strength. I will wait here in your presence. Refresh, revive and renew my life. Help me to soar like an eagle on currents of wind as I trust in you. Amen

Guidance *Those Who Hope In The Lord*

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 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.

NIV Isaiah 40:29-31

Guidance *Those Who Trust In The Lord*

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

NLT Isaiah 40:29-31

Guidance *Those Who Wait For The Lord*

He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those 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.

NRSV Isaiah 40:29-31

Guidance *Those Who Wait For The Lord*

He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound]. Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted; But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.

AMP Isaiah 40:29-31

Guidance *Those Who Wait For The Lord*

He gives strength to the weary, And to him who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.

NASB Isaiah 40:29-31

Guidance *They Who Wait For The Lord*

He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but 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.

ESV Isaiah 40:29-31

Guidance *Those Who Hope On The Lord*

He gives power to the weak, And to those who have no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on 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.

NKJV Isaiah 40:29-31

Guidance *Those Who Wait Upon God*

He energizes those who get tired, gives fresh strength to dropouts. For even young people tire and drop out, young folk in their prime stumble and fall. But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind.

MSG Isaiah 40:29-31

Guidance *They That Wait Upon The Lord*

He gives power to the tired and worn out, and strength to the weak. Even the youths shall be exhausted, and the young men will all give up. But they that wait upon 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.

TLB Isaiah 40:29-31

Guidance *The People Who Trust The Lord*

He gives strength to those who are tired and more power to those who are weak. Even children become tired and need to rest, and young people trip and fall. But the people who trust the LORD will become strong again. They will rise up as an eagle in the sky; they will run and not need rest; they will walk and not become tired.

NCV Isaiah 40:29-31

Those Who Hope In The Lord

Year _____ Week _____ Day _____ Date _____

Guidance – Isaiah 40:29-31

In Context: *Read Isaiah 40*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

He gives strength | to the weary | and | increases the power | of the weak. | Even youths | grow tired | and | weary, and | young men | stumble and fall; | 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. Isaiah 40:29-31

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, life has left me weary and worn out. I'm tired and weak. I need your power and strength. I will wait here in your presence. Refresh, revive and renew my life. Help me to soar like an eagle on currents of wind as I trust in you. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When have you discovered that you were not nearly as strong and powerful as you thought you were?

When has life left you feeling weak, weary and completely out of gas?

Why is waiting on the Lord not intended to be like an occasional pit stop to refuel you in the race of life?

Why did God design you to need His power and strength to live your life for Him?

How has the Lord renewed your strength as you have come to wait, hope, and trust in Him?

How frequently do you need to wait on the Lord so you will have strength to live for Him?

How has the Lord given you His strength to do what you could have never done by yourself?

Living It Out: ***(What action step is God guiding your heart to take?)***

Determine a time and place to meet with the Lord, to wait in His presence, so that He can renew your strength.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that the Lord will renew your strength as you wait, hope, and trust in Him.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how the Lord has given you strength to live for Him.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you come to Lord to ask Him to give you His strength to accomplish all His plans in and through you.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I'm here to ask for your strength to be who you want me to be and to do all you want me to do for you.

What Do You Want To Remember About Today?
