

*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.*

*Isaiah 40:30-31 (NKJV)*

## **Refreshed, Renewed, Revived**

I have been weary. I have been worn out. I haven't been just a little weary and worn out. I have been bone weary and worn out. I have felt like I could go no further. I have been certain that I could not take one more step. **Is that my plan? Is that my hope and desire for you? Do you think I want you to run yourself ragged?** No, I'm sure not. You want me to be vibrant and alive. You want me to be energetic and active. You want me to be productive and fruitful. You want me to be healthy and hopeful. **Yes, I do.**

**So what's the problem? Am I asking too much of you? Have I given you too large of an assignment? Do you have a burden you cannot carry?** No, that's not it. **What is it? Tell me why you are weary and worn out?** I have two different problems. **Just two?** Well, I have two problems in mind right now. **What are they?** I am trying to do too much. I have said yes to too many things. You haven't given me too much. But, I have taken on assignments that have not come from you. I have not focused solely on assignments you have given to me. So, in trying to do too much I have done nothing well and have run myself ragged in the process. **That's not good. How will you know if an assignment has come from me?** I will ask you to show me what you want me to go and do. Then I will focus on your assignments and say no to ones that do not come from you. **That will be very good.**

**You mentioned that you had another problem.** Yes, I did. **What is it?** I have been relying on my own strength to accomplish the work you have given me to do for you. I have not relied on your strength. I have not come to rest in your presence. I have not allowed you to revive and refresh and renew my strength as I serve you. **That will never work. Do you know why that is?** You will always give me assignments that I can't possibly accomplish without relying on you. It is your plan for me to rely on you. It is your desire to give me your power and strength. You want to work in and through my life. **Yes, I do.** You want everyone to know that it is you who has made me able to bear fruit for your kingdom and bring glory to your name. **That's right. Will you come to rely on me? Will you rest in my presence? Will you allow me to revive, refresh and renew your strength?** Yes Lord, I will. **That will be very good.**

*Lord, I cannot keep running on my own strength. I will grow weary. Help me to develop a daily rhythm of waiting on you. Revive, refresh and renew my strength as I rest in your presence. Help me to run and not grow weary. Help me to walk and not faint. Amen*

**Prayer** *Hope in The Lord*

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 40:30-31

**Prayer** *Wait For The Lord*

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 40:30-31

**Prayer** *Trust in The Lord*

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 40:30-31

**Prayer** *Wait On The Lord*

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 40:30-31

**Prayer** *Wait For The Lord*

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 40:30-31

**Prayer** *Wait Upon God*

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 40:30-31

**Prayer** *Wait For The Lord*

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 40:30-31

**Prayer** *Wait Upon The Lord*

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 40:30-31

**Prayer** *Wait For The Lord*

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 40:30-31

**Prayer** *Trust The Lord*

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 40:30-31



**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

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

*May you wait on the Lord so He can renew your strength.*

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**Prayer To Carry**

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

*Lord, I will wait on you so you can renew my strength.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how will you renew my strength as I wait on you today?*

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