



## RENEW YOUR STRENGTH

**Isaiah 40:29-31 NKJV:** 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.

### LIFE GROUP / PERSONAL STUDY:

Last week we looked at how necessary and refreshing it is to be transformed by “Renewing our Mind” through God’s Word and the Power of His Holy Spirit. Not only is it important for our thoughts to be “right” but today we’re looking at how important it is for us to “Renew our Strength.” Because of the quarantine, these days of “Exile” have been exhausting in so many ways. The strain in the midst of all the difficulties and fears has been devastating and many of us are feeling depleted. There are many who are physically exhausted, but all of us are emotionally exhausted because of this time which has been unprecedented in so many ways. Let’s find out the incredible things God’s Word says about “Renewing our Strength.”

1A) What do we learn from Isaiah 40:30 about all people?

1B) PERSONAL: Evaluate your strength. Honestly look at your life and answer the following questions.  
Are you physically exhausted?

Are you emotionally exhausted? For example: Are you dealing with a toxic relationship that is pulling you in, pulling your over, and pulling your down? Have you acknowledged that you’re exhausted?

Are you Spiritually exhausted? Have you realized that you need a time to rest and renew your Spiritual strength?

### **Read John 4:6:**

2A) What do we learn about Jesus in the passage?

2B) PERSONAL: How is this information encouraging to you?

### **Read Deuteronomy 25:17-18:**

3A) What was the strategy of the Amalekites?

3B) What does 1 Peter 5:8 reveal about Satan’s constant strategy and how is this similar?

4A) What wonderful information and promise are we given in Isaiah 40:28-29? (It's interesting to look at different translations to gain even more understanding)

4B) According to Isaiah 40:31, what is the one thing we must do to be ready to receive this promise?

5A) 2 Corinthians 5:17 tells us that when we belong to Jesus that we are a "new creation." How does Galatians 2:20 describe the fact that part of this "change" includes an "exchange" with Jesus too?

5B) How do the following verses confirm the idea that waiting on the Lord can lead to an exchange of His strength for our weakness?

Psalm 59:9:

Isaiah 33:2:

5C) PERSONAL: Describe how you think a longing for God can help you wait on Him to renew your strength.

6A) PERSONAL: How well do you think you are doing with listening to God? How willing have you been to ask Him for help and then to obey what His Word says?

6B) How do the following verses encourage you to look to God as the source of all that you need?  
2 Corinthians 9:8:

Philippians 4:19:

7A) PERSONAL: Explain why the promises of Isaiah 40:31 - that we will be able to soar, run, and walk are important to you.

7B) What does Galatians 5:16 NKJV remind us to do and why is this important?

**ACT:** As we come out of this time of quarantine we need to face the fact that many of us are exhausted, but God's Word tells us that when we are willing to "wait" on the Lord - longing for Him, listening to Him, looking to God as the Source of all that we need, and serving Him by walking in the Spirit - following wherever He leads us, that God promises to "Renew our Strength." When this happens, we will be able to "Soar" above or overcome our trials and difficulties, we will be able to continue to run and not grow weary or want to give up, and we will be able to walk and not faint. God will protect us, He will provide all that we need, and He will help us persevere each and every day with His powerful strength.

**Daily Devotional:** It always helps to look at the context of the passage. Then try to answer the following questions about the passage. Who is involved? What is going on? Where is the action taking place? When? How can this concept apply to my life? Why is it important? Also look for Commands, Warnings, and Examples to follow or not to follow.

- Every day this week let's look at passages that describe the importance of waiting on God.

## **Monday:**

### **Psalm 27:11-14 NLT**

Teach me how to live, O Lord. Lead me along the right path, for my enemies are waiting for me. Do not let me fall into their hands. For they accuse me of things I've never done; with every breath they threaten me with violence. Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.

## **Tuesday:**

### **Psalm 37:7 NLT**

Be still in the presence of the Lord, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

## **Wednesday:**

### **Psalm 130:5-6 NIV**

I wait for the Lord, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

## **Thursday:**

### **Proverbs 8:34 NIV**

Blessed are those who listen to me, watching daily at my doors, waiting at my doorway.

## **Friday:**

### **Isaiah 30:18 NIV**

Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!

## **Saturday:**

### **Titus 2:11-13 NIV**

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ,

## **Sunday:**

### **Hebrews 9:28 NLT**

So also Christ was offered once for all time as a sacrifice to take away the sins of many people. He will come again, not to deal with our sins, but to bring salvation to all who are eagerly waiting for him.

