

Receive Strength for the Day from God

Isaiah 40:25-31

Most of us face multiple demands on our time and energy. We may frequently find ourselves wondering, *Where will I get the strength for what I need to do?*

Often, we answer this question by soldiering on, on our own. We push and push ourselves, sometimes until we are on the verge of burnout or collapse, ignoring our own basic needs and neglecting the needs of those closest to us in life.

Occasionally we may realize that we simply do not have the strength we need. In those moments we may, once again, and by God's grace, come to an end of our self-reliance and remember our need to rely on a power, a strength, that is greater than ourselves. These moments are often painful for us. We may see such moments as failure. But these moments of realizing that our strength is limited are gifts. They are moments of clarity, moments of truth.

We were designed by our Creator to rely on the strength of the One who is the source of our life. We were not meant to "go it alone" in life. Not on the challenging days. Not on any day.

Learning to rely on God's strength each day is an important aspect of experiencing more fully the reality of God's presence with us in the midst of the busyness of our lives.

GROUP DISCUSSION. What are some of the demands or challenges that drain you?

PERSONAL REFLECTION. What might (or does) help you remember to ask God for strength each day?

In the text for this study we will remember that we are creatures, the handiwork of a master Creator, and that we were designed to rely on God for the strength we need to walk and not faint, to run and not grow weary, to mount up on wings of eagles and soar. *Read Isaiah 40:25-31.*

1. What title would you give this text?

2. What images of God does this text present?

3. In what ways do these images of God speak to you?

4. How do these images of God compare to how you tend to see or experience God in your daily life?

5. What difference might it make in the stress and busyness of your life to see God in these ways?

6. We read in verse 27 that people are saying, "The LORD doesn't notice our condition" and "Our God doesn't pay any attention to our rightful claims." What might cause a person to experience these fears?

7. What is God's response to these fears?

8. When have you experienced similar fears?

9. The text states that our strength is renewed as we "trust" ("hope in," "rely on") the Lord (v. 31). How might trusting (or hoping) in God open us up to receiving renewed strength from God?

10. What three images does this text use to describe what renewed strength might do for the one who receives it (v.31)?

11. What might these three images be intended to convey?

Thank God for the promise of strength as you trust in God's powerful care for you.

Now or Later

What concerns or challenges are you facing? In a time of quiet, talk with God about your concerns. Ask God to help you to place your hope in God and entrust yourself and your cares to God.

What gifts of strength do you need at this time? In a time of quiet, invite God to be your strength today. Let yourself see yourself soaring on wings like an eagle, running without growing weary, walking without fainting.

Daily prayer: You, God, are my strength. May I soar and run and walk in your strength today.