

Isaiah 40:31

Renew Our Strength

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

A SUNDAY MESSAGE

While You Wait

What to do in the season between the promise and the fulfillment.

Waiting Is Not Wasted Time

God is never late — but He is rarely early. The waiting room is where He builds the person who can carry the promise. Acts 1:14

“I waited patiently for the Lord; He turned to me and heard my cry.”

PSALM 40:1 (NIV)



Wait in Prayer & Praise

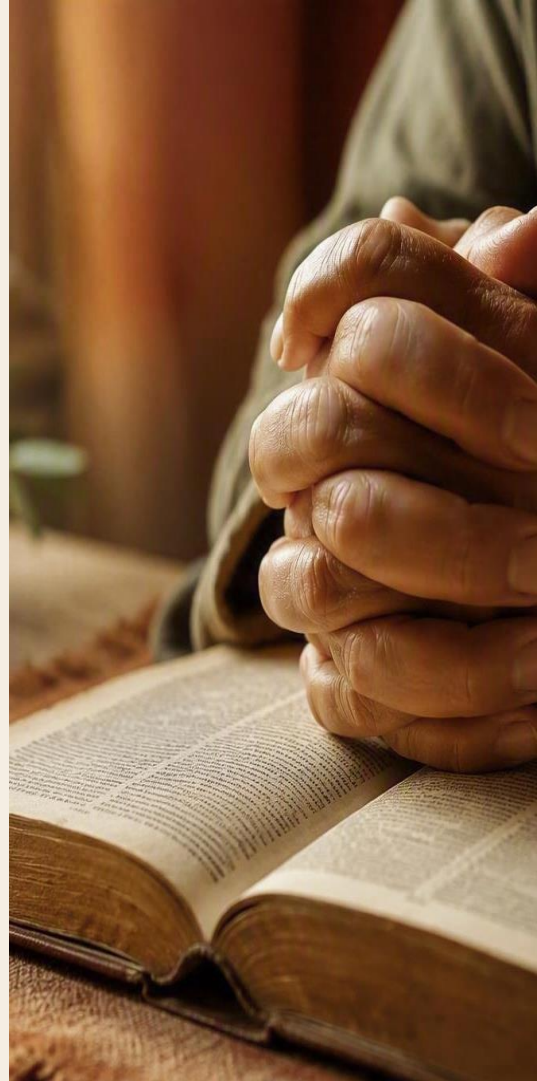
“Wait for the Lord; be strong and take heart and wait for the Lord.”

PSALM 27:14 (NIV)

Paul and Silas in prison. **Acts 16:25–26.**

Hannah's prayer in **1 Samuel 2**

Daniel had a regular prayer habit



Wait in the Word

“I wait for the Lord, my whole being waits, and in His word I put my hope.”

PSALM 130:5 (NIV)

LIVE IT OUT

Anxiety fills a vacuum. Trade fifteen minutes of scrolling for fifteen minutes in Scripture each morning — and memorize one verse for this season, so when the fear comes at 2 a.m. you have something truer to say back to it. Helps cut out the noise.



Keep Serving Where You Are

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

GALATIANS 6:9 (NIV)

African folk tale story

Joseph served faithfully in Potiphar's house and in prison before the palace. While you wait for the promotion, the spouse, or the healing, show up for the small assignment in front of you — serve in the ministry, do the job well, care for the neighbor.



Trust His Timing — Don't Force It

“Though it linger, wait for it; it will certainly come and will not delay.”

HABAKKUK 2:3 (NIV)

Abraham and Sarah grew tired of waiting and produced Ishmael instead of Isaac. Our shortcuts look like the debt we take on, the relationship we settle for, the résumé we stretch. Before you act, ask: am I moving in faith, or just in fatigue?



Wait in Community

*“If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them
up.”*

ECCLESIASTES 4:10 (NIV)

Proverbs 27:17, Hebrews 10:25

Waiting seasons tempt us to withdraw — from church, from friends, from anyone still celebrating. Do the opposite. Tell two trusted people exactly what you’re waiting for and ask them to check on you monthly.



Guard Your Heart While You Wait

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23 (NIV)

Bitterness

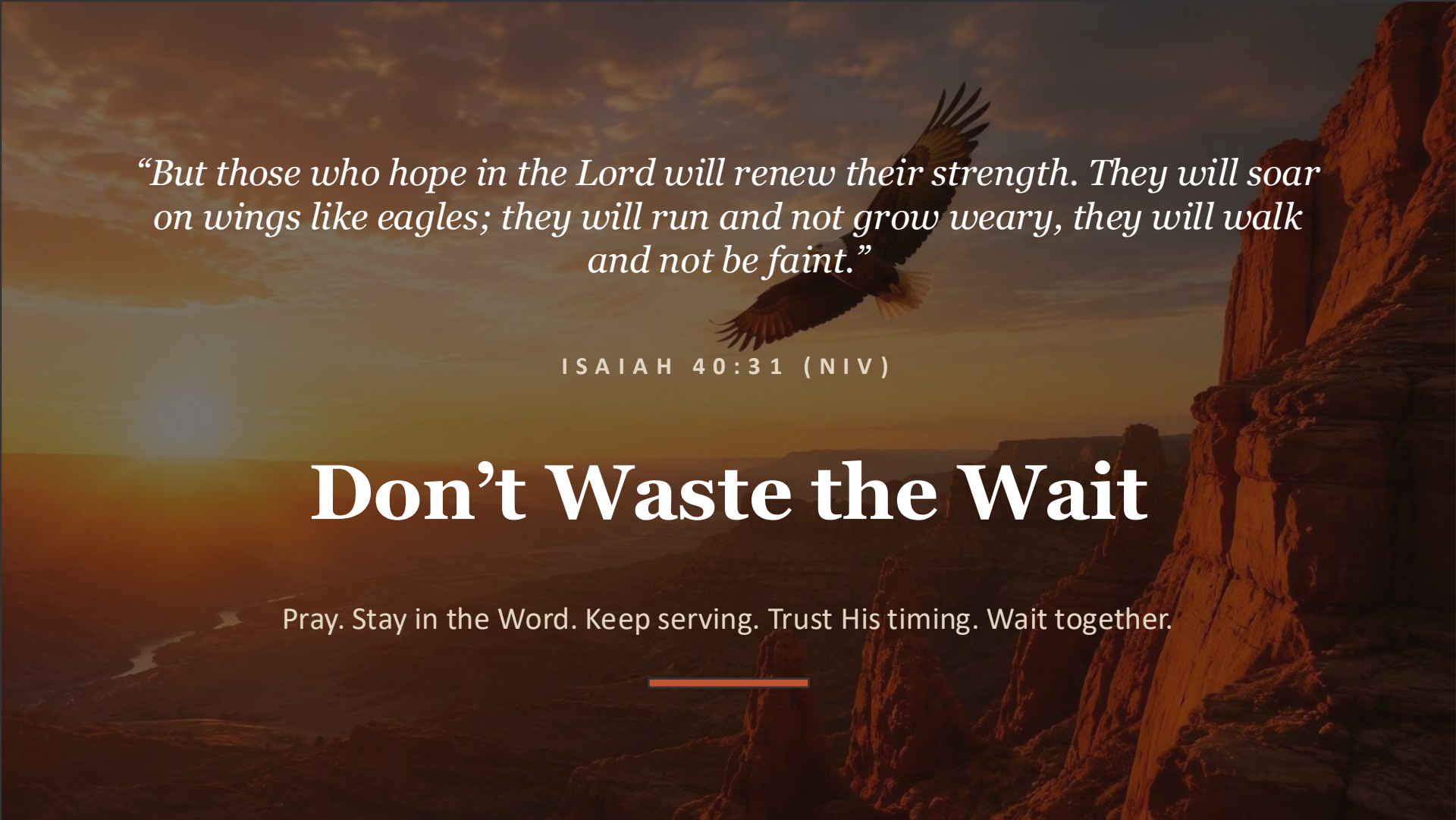
Someone else received what you asked for. Bless them out loud — envy will eat the joy out of your own answer when it comes.

Comparison

Their timeline is not your calling. Fast from the feeds that make you measure your season against someone else's highlight.

Despair

Delay is not denial. Name three things God has already done for you before you name what He hasn't done yet.

An eagle is shown in flight, its wings spread wide, against a backdrop of a sunset sky. The eagle is positioned in the upper right quadrant of the image. Below the eagle, the rugged, layered rock formations of a canyon are visible, illuminated by the warm, golden light of the setting sun. The overall scene conveys a sense of freedom, strength, and hope.

“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 40:31 (NIV)

Don't Waste the Wait

Pray. Stay in the Word. Keep serving. Trust His timing. Wait together.
