

A silhouette of a person's head and hands in a prayerful pose, with hands clasped together. The background is a warm, brownish-gold gradient.

RENEW OUR STRENGTH

Those that wait on the Lord
will renew their strength.

—Isaiah 40:31 NLT





“I lift up my eyes to
the hills. From
where does my help
come? My help
comes from the
Lord who made
heaven
and earth.

—Psalm 121:1-2

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PEOPLE GROW WEARY

Everyone, even the youthful, can grow weary or tired and may experience weakness or exhaustion.

GOD DOES NOT GROW WEARY

- To where to we go when we lack strength?
- God does not promise that we will never grow weary.
- He promises to renew those who learn to wait on Him.



What does it mean to wait?

► Wait (verb)

- stay in expectation of
- delay serving (timing)
- serve...to act as a server for
- remain stationary in readiness
- To be ready and available
- pause for another...
- look forward expectantly
- To hold back expectantly
- remain temporarily unrealized (the chores can wait)

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► Wait on(verb)

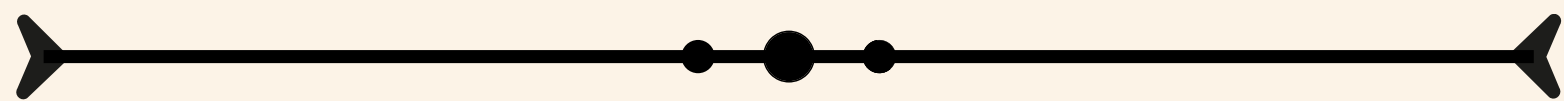
- attend as a servant
- supply the wants of: serve
- make a formal call on
- wait for



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Waiting on God is not passive or idle



Waiting on God involves an active posture of trust, obedience and expectation.

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MOSES: Aggravated & Overwhelmed

- Went to the Lord.
- Expressed his frustration honestly
- Asked for help
- Admitted his weakness
- Asked for clarification
- Believed/ trusted in God's power
- Obeyed God's instructions
- Tabernacled/stayed in God's presence until he and those helping him received power.

“Have mercy on me!”

“I cannot carry all these people by myself.”

“The load is far too heavy.”

Numbers 11:10-16,21-25



▶ God's strategy of Renewal for Moses

- Responded with direction/instruction.
- Reminded Moses of his power.
(sometimes we forget God exceeds our human capabilities)
- Came down to talk with Moses—gave His presence
- Empowered others with His Spirit to help

“I will come down and talk to you there. I will take some of the Spirit that is upon you, and I will put the Spirit upon them also. They will bear the burden of the people along with you, so you will not have to carry it alone.”





ELIJAH: Exhausted

*“I have had enough, Lord.”
1 Kings 19:4*

- left his servant and went into seclusion
- Expressed his frustration in prayer
- layed down and slept



God's strategy of Renewal:

- instruction via an angel to eat
- food and water
- rest sufficient for the journey ahead

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*“Get up and eat some more,
or the journey ahead will be
too much for you.”*

1 Kings 19:7



JESUS' DISCIPLES: Exhausted

³⁰ The apostles returned to Jesus from their ministry tour and told him all they had done and taught. ³¹ Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

³² So they left by boat for a quiet place, where they could be alone.

Mark 6:30-32

- Jesus recognized the physical exhaustion of his disciples and offered them rest in his presence in a secluded place.

“Come to me, all you who are weary and burdened, and I will give you rest. — Matthew 11:28

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WHAT DOES WAITING LOOK LIKE?

- admitting weakness/ limitations
- acknowledging God's greatness
- listening for His voice/scripture
- obeying His instructions
- remaining available
- serving faithfully
- entering into God's rest
- staying in God's presence: prayer, fasting, worship

if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2Chronicles 7:14



HOW DOES GOD RENEW OUR STRENGTH?

- ▶ God's Renewal can come in different ways:
 - through people empowered by the Spirit to share the burden (Moses)
 - an opportunity to rest and recover physically (Elijah)
 - supernatural strength (Samson)
 - through joy (Nehemiah)
 - renewed resolve mid-crisis (David)
 - comes by growth in His presence

Having therefore obtained help of God, I continue unto this day, witnessing both to small and great, saying none other things than those which the prophets and Moses did say should come

—Acts 26:22

HOW DOES GOD RENEW OUR STRENGTH?



Then the Lord said to me, “This is the word of the Lord to Zerubbabel: “You will not succeed by your own strength or by your own power, but by my Spirit’ says the Lord All Powerful.”

—Zechariah 4-6

³¹ 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.

