

High Hopes Session 7 – Catch Your Second Wind

I. Introduction/review

Jeremiah 29:11 (NKJV) – *For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.*

Jeremiah 29:11 (GWT) – *I know the plans that I have for you, declares the LORD. They are plans for peace and not disaster, plans to give you a future filled with hope*

Previous Sessions

- A. Get your hopes up.
- B. What has your attention?
- C. Against the Wind.
- D. Be the Light of Hope.
- E. The Blueprint of Hope.

II. The Second Wind of Hope

A. Second Wind Definition

1. To find energy, strength, or enthusiasm after feeling tired or after you have produced little.
2. Renewed energy, strength or endurance
3. You become able to continue
Able to continue doing something after you become tired or out of breath.
4. My personal experience with biking and the second wind



5. Realization

- a. I can do more.
- b. I can go further.
- c. I can make it.
- d. Don't give up when strength is lost/your second wind will kick in and you can continue – go on.

B. Sometimes Hope Needs a Second Wind

1. **Proverbs 13:12 (NKJV)** – *Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.*

Other Translations

Delayed hope makes the heart sick

Hope Prolonged makes the heart sick

2. The different experiences of hope.

- a. There are times when hope arrives quickly.
- b. There are times that hope arrives over time – progressively.
- c. There are times that hope seems slow to come – delayed.
*In some cases, hope doesn't appear as we had pictured.
As believers, our hope is never exhausted.*

3. Battle Fatigue

- a. **Battle weary – tired in the fight. – Set guard.**
- b. **Galatians 6:9 (NKJV)** – *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*
- c. **Weary definition =**
To be wearied out/exhausted
To faint
To be exhausted in strength and endurance
You feel that you have gone as far as you can go.
You feel that you have given all that you have to give.
- d. **It is possible to become weary or Paul wouldn't have warned against it.**



e. **This is when you need a second wind.**

The tendency for many is to give up

Personal – I have found my second wind will come.

C. Strength Renewal/Hope Renewal

1. **Isaiah 40:28-31 (NKJV)** – ²⁸Have you not known? Have you not heard?

The everlasting God, the LORD, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. ²⁹He gives power to the weak, and to those who have no might He increases strength. ³⁰Even the youths shall faint and be weary, and the young men shall utterly fall, ³¹But 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

a. Be reminded – God never faints nor is He weary.

b. Vs 29, He gives power to the weak = those who are exhausted or weary from the fight

c. **Power definition =**

human strength

Strength of angels

Power of God

God is the source of ALL strength – He has whatever strength we need.

d. Have no Might – *no ability – no strength – no effort - Effort is exhausted.*

e. Youth shall faint/Young men fall

God wants us to understand that even the strongest face the potential of battle fatigue and weariness.

f. They that Wait upon the Lord shall renew their strength.

Isaiah 40:31 (NIV) – *but those who hope in the LORD will renew their strength.*

Isaiah 40:31 (NLT) – *But those who trust in the LORD will find new strength.*



- g. Revelation from this Passage
*With every battle there will be opportunity to become weary
 With prolonged battles there will be opportunity to lose hope
 To lose hope is to lose strength.
 There is NEW strength available.
 God delights in RENEWING our HOPE/STRENGTH*
- h. **Wait** – Definition
*To wait with expectation
 To stay or rest in expectation
 To stay and not depart.
 To Remain in a state of expectation until something happens
 A gathering together or sticking together*
- i. Waiting on the Lord isn't passive.
*Stir up hope
 Stir expectation.
 Come together – assemble together -stick together for strength.
 There is a strength release when we come together/stick together.
 Many have expressed how their strength has been renewed by
 coming back together after quarantine.
 When strength/hope/faith is challenged, let us come together.*
- j. **Isaiah 40:31 (NKJV)** – *But those who wait on the LORD shall renew their strength;*

RENEW = To Restore to Freshness.
 To Cause to Sprout Forth
 To Gain New Strength
 To Pass Through

*If you Keep Hope alive
 You will PASS THROUGH seasons of weariness
 into seasons of RENEWED STRENGTH
 They shall mount up with wings like eagles,
 They shall run and not be weary,
 They shall walk and not faint.*

*As we Wait – come together/expect/anticipate/
 We will hold to our HOPE*



*Our HOPE will be Renewed
Our Strength will be Renewed.
We catch our SECOND WIND*

III. Closing thought

A. Paul's Second Wind

1. **When I am weak, I am strong.**
2. **It wasn't that Paul didn't have opportunity lose hope/strength.**
3. **Paul learned that whatever happened, his strength could always be renewed.**
4. **Philippians 4:10-13 (NLT)** – ¹⁰*How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. ¹¹Not that I was ever in need, for I have learned how to be content with whatever I have. ¹²I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³For I can do everything through Christ, who gives me strength.*
5. **2 Timothy 4:17-18 (NLT)** – ¹⁷*But the Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. And he rescued me from certain death. ¹⁸Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever! Amen*
6. **Paul learned the secret of Catching the Second Wind.**
 - a. He learned how to wait with expectancy.
 - b. He never lost hope.
 - c. He remained in hope.
 - d. When trials came/trials went
 - e. When trouble arose for a season/a new season came

- f. He could keep on going/ because his strength was always renewed.
- 7. **You can keep on going when you know your strength is going to be renewed.**
- 8. **Catch the second wind!**