

Renew your Strength

...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 -
Anglicised

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. **He does not faint or grow weary**; his understanding is unsearchable.

Isaiah 40:28

ESV

1. ITS NATURAL

***"Lift up your eyes** and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name." (Isaiah 40:26)*

He will **not grow tired or weary**, and his understanding no one can fathom. **He gives strength** to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. (Isaiah 40:28-30)

2. Its Cyclical

There are **seasons in our Spiritual life**
just as there are seasons to our
calendar year

3. Its Biblical

"They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be
faint." (Isaiah 40:31b)

'You yourselves have seen what I did to Egypt, and how I carried you on eagles' wings and brought you to myself. (Exodus 19:4)