

## **Renewing Your Strength**

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<sup>29</sup> *He gives power to those who are tired and worn out; he offers strength to the weak.*  
<sup>30</sup> *Even youths will become exhausted, and young men will give up.* <sup>31</sup> *But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.* Isaiah 40:29-31

He who gives life is He who can also **continually renew it**.

**THE NEED FOR RENEWAL** All living things need to be **renewed**. ... it's called the Law of Thermodynamics.

### **THE SOURCE OF RENEWAL**

The Hebrew word translated “wait” comes from a root word that literally means, “A cord for binding”

<sup>28</sup> *“Come to me, all you who are weary and burdened, and I will give you rest.* <sup>29</sup> *Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.* <sup>30</sup> *For my yoke is easy and my burden is light.”* Matthew 11:28-30

To wait upon the Lord is to be **connected, clinging** to the Lord

We become spiritually weary when we become spiritually **starved**.

Physically, the less you eat the **more** you desire.

Spiritually, the less you eat the **less** you desire

To “wait” also means to **“serve”**.

### **THE RESULT OF RENEWAL**

<sup>31</sup> *But those who wait on the LORD will find new strength. They will **fly** high on wings like eagles. They will **run** and not grow weary. They will **walk** and not faint.”*