



For Further Study

Read and meditate on the passage below:

29 He gives strength to the weary
and increases the power of the weak.
30 Even youths grow tired and weary,
and young men stumble and fall;
31 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 40:29-31)

This passage comes from the prophetic writings of Isaiah and his students. Isaiah 40 likely is penned during the Babylonian Exile, when the Hebrew people are in captivity far from home. They are weary from their trauma; they are weak of heart and spirit; they are tired from their journey and trying to start all over. They have fallen physically, mentally, emotionally, spiritually and socially.

Yet, even amidst these trials and hardships, the prophet reminds them that God is near; he has not abandoned his people. As they turn to God day after day, their power will return. Slowly their strength will be renewed as they put their hope in the Lord.

Strength doesn't come overnight. It takes time to develop. If you are out of shape, it takes time, perseverance, and hard work to get back into shape. Building endurance to run or working out to gain muscle mass, takes endurance and determination. So, with God, we can develop spiritually where we avoid falling and can walk, run and even take flight.

Eagles are majestic birds that soar high above. Think about that word picture as it compares to your own life right now. What would it take for you to get off the ground and fly?

PRACTICE:
Turn to God for
strength to do the hard
things you need to do.

