



Strength for Those Who Wait

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Devotion

November
17, 2019

“...they who wait for 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.” — Isaiah 40:31 ESV

Life is full of adversity and painful situations: relational conflict, a family crisis, a medical diagnosis or a number of other trials. As a result, you can lose your desire and spiritual strength to press on in faithfulness. Isaiah 40 reminds God’s children how to recapture the joy of a vibrant walk with God through His amazing power that renews spiritual strength. If God measures the waters of the earth in the hollow of His hand; if He placed every star in the heavens, knowing each by name; if God created and sustains the universe, then, no matter the circumstances, you can trust Him to strengthen and sustain your life according to His glorious might. Renewed strength comes when you “wait for the Lord.” Position yourself under the authority of God and His Word and confidently ask for grace and mercy in your time of need. Be honest with Him. Cry out to God, praying, “Help my unbelief.” Ask Him to help you make Him your treasure once again. Walk in obedience as you wait for God to transform your heart. You will then be strengthened to run for God again with spiritual strength and joy.

