



## TRADE YOUR WEARINESS FOR GOD'S STRENGTH

### BIG IDEA

Those who trust in the Lord, will find new strength; they will soar high on wings like eagles!

### SCRIPTURE

Prior to small group read Isaiah 40.

### OPENER

Which part of you is most weary (body, mind, spirit/soul)? Explain.

### QUESTIONS

1. From the 40<sup>th</sup> chapter of Isaiah, what did you learn about God? What did you learn about humans?
2. In Isaiah 40:31a you are told that those who hope in the LORD will renew their strength. Hoping in the LORD is trusting that His promise of strength will help us to rise above life's distractions and difficulties. What does this look like in your life and how can you express this outwardly?
3. Getting God's power and endurance in our lives doesn't always make us superheroes, but we know the change in us is supernatural. Share a time when you trusted God and He gave you strength just when you really needed it to deal with a problem you couldn't handle on your own.
4. What in your life tends to be the loudest voice? How can we practically make God's Word the loudest voice in our lives this week?
5. We limit our understanding of God's size and His power when we compare Him to what we experience on earth. What is your image of God, especially as revealed in his Son, Jesus Christ? (See also Isaiah 6)
6. What is a promise of God in the past (or present) that you have claimed for your life? This week memorize one of God's promises where you need God's strength. (Note that you can use the following to help you find God's promise for you: (a) use the Master Index section of the Life Application Study Bible to look up problems and related promises; (b) use a topical Bible; (c) Google "God's promises in the Bible").



### TAKEAWAY

Three ways to plug into God's power:

- ◆ Make the Word of God the loudest voice in your life.
- ◆ Make the size of God your perspective.
- ◆ Make God's promise your obsession.

### REFERENCES

Psalm 22, 23

Lamentations 3:22c-26

Matthew 6:33

John 15:7

1 Corinthians 3:10-15

2 Corinthians 4:16-17; 5:10

### DIGGING DEEPER

- If God grants us this strength to soar high and not grow weary, what do we do with that strength (do we use it only for our own needs)? What might he want us to do with that strength in addition (how could we use that strength to really help the kingdom of God)?
- God is not limited by time. How does that help you handle the struggles of this life?

If you would like more copies of this Small Group Study, they are available at

<https://www.connectionpointe.org/series/faith-walker/>

Are you interested in leading a new small group beginning in August 2020? If so, our Small Groups Team would love to talk with you about the possibilities.

Contact Us Here: [smallgroup@connectionpointe.org](mailto:smallgroup@connectionpointe.org)