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All Scriptures are printed verbatim with translations noted. • Pew Bible page number 658-659.
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I confess my doubt... as I sat through my studies of this today... this thought came to me that maybe God will deliver exhausted Israel only in the *end times*... maybe Israel will never be repopulated in the promised land this side of Glory.

- Dr. John Stott, Pastor, Theologian, Evangelist and one of the Authors of the Lausanne Covenant, Named one of the "100 Most Influential People in the World" (Time, 1974)

Source: John Stott, quoted in Timothy Dudley-Smith, *John Stott: The Making of a Leader* (Inter-Varsity Press: Leicester, 1999), p. 105.

Life Application Section

Isaiah 40:28-31 can do some things for you today that are pretty awesome:

1. It can soothe your regrets of the past.
2. It can calm your fears about the future.
3. It can encourage your faith in the present.
4. It can give you direction—lead you to action.

STUDY VERSE SECTION - Isaiah 40:28–31, NASB95 -²⁸ *Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth Does not become weary [breathless] or tired [exhausted]. His understanding is inscrutable [private].*²⁹ *He gives strength to the weary [exhausted], And to him who lacks might He increases power.*³⁰ *Though youths grow weary [weary from the fight, done in, given up] and tired, And vigorous young men stumble badly [total wipeout, utterly fall, ie., break a leg],*³¹ *Yet those who wait [cf., back side] for the LORD Will gain [it will be passed on to them] new [lit., renew, meaning to exchange] strength; They will mount up [lit., ascend] with wings like eagles, They will run and not get tired, They will walk [lit., carry] and not become weary.*



Where do You Find Strength When You're Spiritually Exhausted

Isaiah 40:28-31

Isaiah 40:31, NASB95 -³¹ *Yet those who wait for the LORD....*

Isaiah 40:31, NLT -³¹ *But those who trust in the LORD....*

Isaiah 40:31, NIV84 -³¹ *but those who hope in the LORD....*

1. Here's what you must do:



Hebrew: קָוָה (*key-VA*), lit., “to grab ahold of.” If you break the word down, it means to be “twisted together; becoming one.” (Picture a rope with many strands.) It has the inference of “enduring with expectation.” It is closely related to a Greek word that give us our words “cement” or “cemetery” meaning “to lie and wait.” Application: *Think about someone who has no hope in themselves hoping in God who gives strength.*

You must grab ahold of God for dear life!

Practical Advice for “Grabbing ahold of God”: Begin with a “ceremonial recommitment,” repent, determine to put Christ first in all things, guard what you listen to, guard who you listen to, guard what you read, guard your daily devotional time with God.

2. Here's what a sovereign, powerful, all knowing, creating, Holy God does:

Isaiah 40:31, NIV84 -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.*

- Who would not want to walk farther?
- Who would not want to run faster?
- Who would not want to soar higher?



When we are *spiritually exhausted*, our only source of strength is God and God alone.

