

Strength for the weary

Isaiah 40:28-31

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this passage say about God's own strength, and what does he give to the weary?

2. What does it show me about people — and about myself?

Where are you running on empty and calling it faithfulness?

3. What will I obey this week? (a concrete step, with a day)

What will you do this week to wait on God rather than push through?

4. Who will I tell?

Who is exhausted right now that you could bring these verses to?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Everlasting God, you do not grow tired, and you give strength to those who have none. Teach us to wait on you rather than to push on alone.



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