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PRAYER

God, thank you so much for graciously waiting on us to make time and make room for you in our lives. We open our hearts and lives to you that you would speak to us today and show us how to live. In Jesus' name, Amen.

WARM UP

(OPTIONAL)

Imagine you are hungry and haven't eaten all day. Would you rather eat in a couple of hours at your favourite fine dining restaurant, knowing that your favourite wholesome meal will take a while to prepare? Or would you rather get fast food from your favourite burger or fried chicken place? Why?

NOTES

WORD

²⁸ Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. ²⁹ He gives power to the faint, and to him who has no might he increases strength. ³⁰ Even youths shall faint and be weary, and young men shall fall exhausted; ³¹ but 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 40:28-31](#) (ESV)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = very easy, 10 = impossible), how hard is it for you to wait upon something you've wanted for a long time?
2. Waiting on God enables us to lean on his strength. How willing are you to wait on God's solutions that involve things that are most valuable to you?
3. Can you share a time when you were glad you waited and received something or someone that was worth waiting for?
4. Can you share of a time when you wish you had waited?
5. Eagles soar without much effort in the flapping of their wings, as opposed to chickens that flap, but rarely get much elevation. Can you share a time when you experienced life when it felt like you were gliding or soaring, and a time when it felt like you were flapping?
6. Are you experiencing weariness and would like to receive the renewal of God's strength in you? (Prayer).

PRAYER LIST