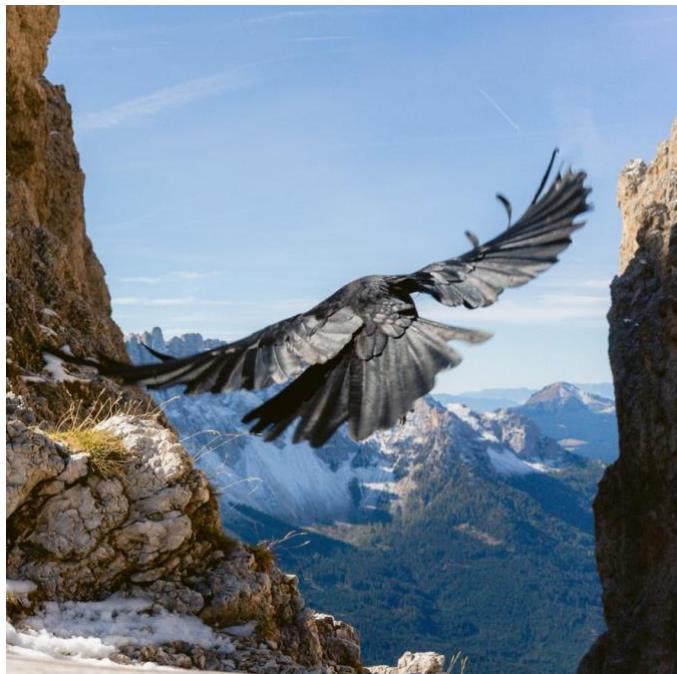


# Renewed Strength

*Waiting for the Lord*



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.  
*Isa 40:31*

A devotional for personal formation or a group retreat.

- Day 1: Power Exchange
- Day 2: Face to Face Struggle
- Day 3: Tell Your Truth
- Day 4: Run Together

## Renewed Strength: Power Exchange

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.

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.



That word “but” is so important. There is an exchange of power when the Everlasting God, the one who does not grow weary, graciously gives divine energy to those whose strength is failing. My weakness is exchanged for God’s strength. So, waiting on the Lord is not passive, but a time of actively walking in confident expectation. Those who give up their anxious efforts to save themselves will be able to replace or exchange their exhausted souls for a renewed, soaring strength.

**Have you seen yourself without energy, living without the inner strength needed to do your daily work? Are you discouraged with waiting for an answer to your prayers?**

Waiting is hard. Especially in times when it seems that things will never go back to “normal.” The days of uncertainty and fear that we all face globally have brought about mistrust and anxiety as we wait for restored health, economic relief, and freedom to live meaningful lives in the kingdom of God. We often fail at trusting, waiting for the Lord to empower us. Worn out and afraid of falling, we are unable to see the next toe hold on the mountain in front of us. Yet for people of unwavering faith in the everlasting God, waiting and trusting holds promise for renewed strength to fly like an eagle on the wind of the Spirit.

**MEDITATE. Read Isaiah 40:28-31.** Listen for a word or phrase that stands out to you. Then read it again. As you hear the word or phrase again, notice what the Spirit prompts in your heart. Then voice a prayer for renewed strength. Over the next few days memorize verse 31.

**WORSHIP.** Take a walk or find a quiet place to worship with this song based on Isaiah 40:31  
Wait on You-Elevation Worship & Maverick City [https://youtu.be/K3TYG7Q\\_fj4](https://youtu.be/K3TYG7Q_fj4)

## Renewed Strength: Face to Face Struggle

For the next two mornings, we will look at Biblical characters that stand out as examples of this great “exchange” of power and life that Paul described:

*That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.* 2 Corinthians 12:10.

**READ together Genesis 32:22-32. What is the struggle about? Is there a power exchange between God and Jacob?**

In this story, we find Jacob, Abraham's grandson, running away from his family problems that are mostly born of his own trickery and greed. Now he is alone, getting ready to face the wrath or mercy of his brother Esau. Throughout the night he “wrestles” with an angel of the Lord God. Neither one was winning until the one wrestling with Jacob, “touched his hip socket and put it out of joint.” Then Jacob tells God, I will not let go until “you bless me.” So, God does bless Jacob with a new name, but also God's touch leaves him with a limp.



**Share together a struggle, loss, or pain that has you wrestling with God?**

Many times, I have been awake in the night, “wrestling” with the blanket, myself, and with God, wanting, needing answers, healing, and peace. The morning often reveals my wounded-ness, the reminder of my humanity, my sin, and the need for blessing. Jacob described his encounter with renewed strength: “For I have seen God face to face, and yet my life has been delivered.”

There is a power exchange in our daily wrestling of faith with God. As we are blessed with a new name as a beloved child of God, there is also the limp, that reminds us that our weakness is exchanged for God's strength.

**PRAY.** Express your struggles, personally, face to face. Even as you are weak, don't let go. Ask God now to bless you and renew your strength. **Meditate on Isaiah 40:28-31.**

**WORSHIP.** [https://youtu.be/xSH3Q6O\\_7w8](https://youtu.be/xSH3Q6O_7w8) Tenth Avenue North-The Struggle

## Renewed Strength: Tell Your Truth

**Read Mark 5:25-34.** What is this struggle about? Is there a power exchange between Jesus and woman?



This story is about a courageous woman reaching out for renewed strength. She has a terrible, non-stop bleeding issue suffering loss and shame at the hands of the inept doctors and her judging community.

Even as she was exhausted from shame and pain, she recognized Jesus as her healer, the Savior, with an amazing certainty and hope for wellness.

A miraculous exchange of power occurs between her fingers and the hem of his

robe, and the woman is transformed. With this wholeness, she courageously shares her “whole truth” with Jesus and everyone listening.

**What loss or brokenness have you been dealing with for a long time with no relief?**

Jesus allows his power to restore wholeness to the broken one who reaches out to him in faith. This time the touch of God not only heals the wound, but the woman hears her new name, “daughter,” and she soars free as the eagle.

**IMAGINE.** See yourself in the story as the woman, desperate to overcome shame and fear. How do you feel when Jesus sees and hears your life story? See yourself daring to reach out and touch Jesus. Now, just as she did, take time to tell your story to Jesus, be vulnerable with your truth.

Find someone you trust in your spiritual community and share your pain. Ask them to listen only, and to pray for you. No advice or problem solving, just listen and pray.

**MEDITATE on Isaiah 40:28-31.** *The LORD is good to those who wait for him, the soul who seeks him.*  
*Lamentations 3:25*

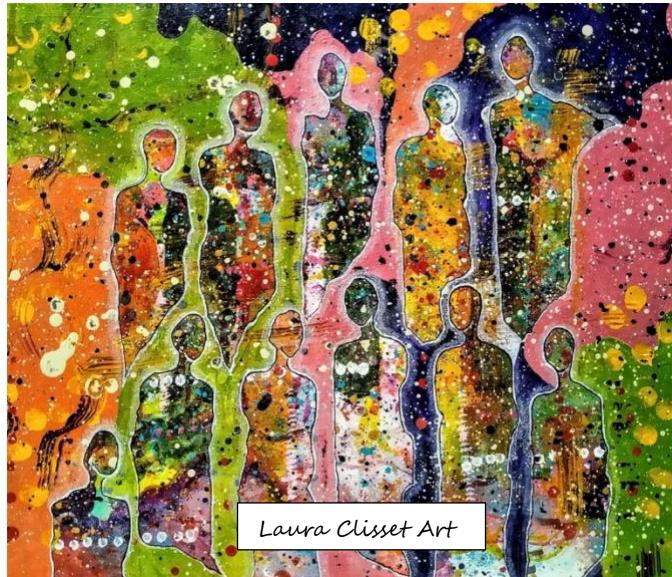
**WORSHIP.** [https://youtu.be/lybp\\_vGlyzQ](https://youtu.be/lybp_vGlyzQ) Those Who Hope-Labyrinth by David Baloche

## Renewed Strength: Run Together

Read these verses together:

*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

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us... looking to Jesus!*  
Hebrews 12:1-2



### IMAGINE.

Now have one person read aloud while you close your eyes and imagine yourself running a great race or walking a long distance and not being tired. Who do you see surrounding you? Take a look again at the image. Whose face do you see? Can you hear them cheering you on? What are they saying?

Share with the group the people running alongside you. Would you say that those who walk or run alongside you are renewing your strength for the race? What can you do to involve others in your personal journey with Christ as well as your ministry?

**GIVE THANKS.** Spend time in gratitude for those who walk alongside your journey. See their faces and their love. You have met partners and friends in the journey. Is there someone who comes to mind that you can cheer on?

We end where we started, seeing the Everlasting God, the one who does not grow weary, graciously exchanging his divine energy for my failing strength. As you wait on the Lord, run to his strength, and walk in confident expectation.

Running for safe refuge with the Lord has given me great peace: *The name of the LORD is a strong tower; the righteous runs into it and is safe.* Proverbs 18:10

**WORSHIP.** Spend some time in God's presence.

<https://youtu.be/pl2sYS3ov0w> Tremble-Lauren Daigle

You are taller than the highest of the hills. And stronger than the walls we try to build  
You blind me with the beauty of Your face. And draw me close with Your divine embrace  
Speak to me with healing in Your words. And fix the things I didn't know were hurt.  
Lord, I tremble in Your presence.



Dr. Robbi Francovich is a life-long learner of the cultures and peoples of the nations, having lived in India and China and traveled to over forty countries. She has mentored students as a campus minister at the University of Texas, Texas Tech University, Angelo State University, University of Mary Hardin Baylor, and City University in Hong Kong.

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