

**Exchange  
your little  
strength for  
greater  
strength**


**(Isa. 40:30-31)**




**God promised to Judah the strength to go back to Jerusalem from captivity after their period of punishment**


**What makes you tired and weak?**

- Responsibilities in your work place, home, and church
- Trials in your life
- Temptations in your life



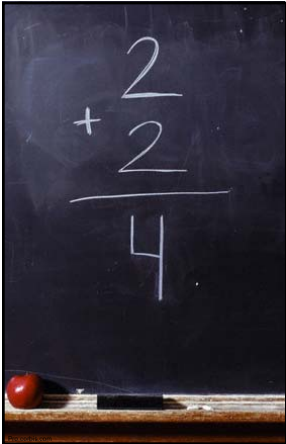
**To those who wait on the Lord.....**

- Look to God as your source of help
- Trust God fully
- Wait expectantly



**To wait upon the Lord is to:**

- Seek God
- To turn your eyes from your situations to Jesus
- To listen to His voice
- Accept Him as the source of your strength

**Four promises for those who hope in the Lord...**

**1. Those who hope in the Lord will renew their strength.....**



**2. They will soar on wings like eagles.....**



**3. They will run and not grow weary...**



**4. They will walk and not grow faint.....**



**David was a man who patiently waited on God**



**Seek God's strength when you are sick and tired of your life**

