



## UPCOMING DATES ...

**Women's Encounter** – 5 to 7 May  
**LIT** – commences 7 May  
**Man Church** – 9 May  
**Mothers' Day** – 14 May  
**Kids "Blast"** (Kindy to Yr 6) – Sunday nights  
**Christian Character Course** – register online  
**Imagine Recovery** – Every Thursday Night

## 2017 – CG Notes #8

### STRONGER

**Title: His Strength, My Weakness (Part 2)**

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#### **Key Scripture:**

*Isaiah 40:31 (NKJV)*

*But those who wait on the Lord shall renew their strength.*

#### **What does it mean to wait upon the Lord?**

Waiting upon the Lord is something believers do. It means that we trust Him – we *truly trust Him*. It's an active trust in God. It's more than talk or wishful thinking.

When we wait upon the Lord it is our opportunity to demonstrate our total dependence upon Him. Waiting upon the Lord puts our faith to the test and that's not an easy thing but it's always a good thing. Sometimes it's the hardest thing you will ever do.

Waiting upon the Lord is about maintaining hope and an expectation in the Lord, even when it seems He delays His answer. He is never late but it seems to us that He is never early either!

Waiting on the Lord requires that we rest confidently in Him, holding on to the assurance that He is able to do what He said He would do.

***Psalm 62:5 (NLT)***

*Let all that I am wait quietly before God, for my hope is in Him.*

### **Discuss:**

- In your experience of waiting upon the Lord, what do you find to be the greatest challenge?
- What have you found helpful in facing these challenges?

**“I can't just sit here and wait. I must do something!”**

Waiting on the Lord *does involve doing something*, but it is a something not always obvious to others.

To wait upon the Lord is something that happens on the inside. To “wait” is a verb- an action word (Strong's H6960) and means to bind together like a cord by twisting, to collect, to gather and figuratively, to expect, to look for, to patiently wait for.

Our waiting upon the Lord is something that is robust and active. Imagine yourself – your very life, your thoughts, emotions, concerns. Imagine you and all that you are like a cord being twisted into a rope. You begin to bind yourself to the Lord and to the promises in His Word. Every time a thought seems to over power you, cause you to worry or fear, gather those thoughts and bind yourself to God and His Word. Each time you do that it's like twisting the cords together. Every time you respond in this way you become stronger in the Lord.

***Ecclesiastes 4:12 (NLT)***

*Three are even better, for a triple-braided cord is not easily broken.*

## Illustrate

Take three lengths of rope, twine or string and demonstrate the description of binding yourself to the Lord described above. Use your own faith-filled declarations or use the ones below. This could be a very powerful moment for the individuals in the group as we apply God's truth to our situations.

## Declarations:

- Lord, Your Word directs me to draw near to You and You promise to draw near to me. I bind myself to Your truth. You are all that I need.
- Father I cast my care upon You for I know that You care for me.
- Your Word is a lamp to my feet and a light to my path. I know you will lead me and guide me. I cannot lose my way. I am trusting in You.
- I take my runaway thoughts captive and I make them obedient to Christ. (2 Cor 10:5)
- I trust You, Lord. I am totally dependent upon You. You promised that You will never leave me or forsake me.
- If God is for me then who can be against me?
- I wait upon the Lord and in this place I am renewed and I find new strength.

## What does it mean to renew our strength?

Sometimes its translated **gain new strength and** means to come back to life again.

### *Job 14:7-9 (NASB)*

*7 For there is hope for a tree, when it is cut down, that it will sprout again, and its shoots will not fail.*

*8 Though its roots grow old in the ground and its stump dies in the dry soil, 9 at the scent of water it will flourish and put forth sprigs like a plant.*

There is nothing like the refreshing presence of the Lord. He waters our thirsty souls. Waiting upon the Lord requires time with Him, and as we wait, He pours His Spirit upon us like water on the dry ground. We are renewed, we sense life coming back to us.

Some of us may need repeated soaking in the presence of God, laying down our burdens, acknowledging how much we need Him and receiving His touch upon our lives.

## **A supernatural exchange**

A second meaning of the word renew means **to exchange**. The image is that of taking off a worn out garment and putting on a new and better garment. It's removing our weakness and putting on God's strength.

- It's supernatural
- It's miraculous
- It's a divine exchange that the Lord offers to make with us

### ***Isaiah 52:1 (AMP)***

*Awake, awake put on your strength, O Zion; put on your beautiful garments, O Jerusalem*

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## **Testimony**

- Has anyone in the group ever experienced this supernatural exchange?
- Describe your experience to the group.

**Most of the time we walk, sometimes we need to run and sometimes we fly!**

### ***Isaiah 41:31b (NKJV)***

*They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*

Notice the interesting sequence of activity in this verse:

**Flight** – the most exceptional and demanding of challenges

**Running** – endurance and rigorous effort

**Walking** – consistent spiritual progress

There are sometimes challenges that require us to “fly”. When an eagle “mounts up”, he flaps his giant wings and expends a great deal of energy. He does this to reach a high altitude where he has a clear view and his keen eyes can see great distances. Once at an altitude he searches for the currents to keep him aloft. He soars in the high places.

Like the eagle, there are circumstances that require we obtain a clearer view and we need to get up above the situation. If we have been waiting upon the Lord, the strength is there to do so. Then we find our rest in the Lord and soar on the wind of the Holy Spirit.

Then there are times when we need to run – we need to endure and keep going strong over an intense season of life. We can do so by the Spirit of the Lord and the strength that He provides.

And finally, “they shall walk and not faint.” The journey is long. Jesus has called us to endure to the end. To not give up. Not quit too soon. And as we walk consistently, day in and day out we make spiritual progress.

**Discuss:**

- What type of circumstances may require that you “fly” – get a higher perspective and soar above it?
- What are some situations that require us to “run” – to give extra effort and to endure?

We mentioned walking as “consistent spiritual progress.” What do you think this means and how is this outworked in our lives?