

1

Isaiah 40 (NIV)

31 But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

➡

2

Theme

God-given resilience enables us to rise, endure & continue forward even when our strength feels gone.

Resilience is the ability to recover, adapt & keep going after something difficult happens.

3

Biblical Resilience

- Biblical resilience is not human toughness; it is strength continually renewed by God.
- It begins with hope in the Lord, not confidence in ourselves.
- It flows from the truth that God sees our weariness & meets it with His power.

He gives strength to the weary and increases the power of the weak. (Isaiah 40:29 NIV)

4

Biblical Resilience

- God sustains us moment by moment - He does not ask us to endure alone.
- Resilience grows as we learn to wait on God, trusting His timing & His care.
- God's renewal is personal & purposeful - He strengthens us for the path ahead.

"My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9 NIV)

5

Biblical Resilience

- God's strength enables us to keep going when our own strength fades.
- Resilience is built through God's presence - He walks with us through every season.
- He empowers us to rise above discouragement, fear & exhaustion.

28 Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. (Isaiah 40:28 NIV)

6

Biblical Resilience

- Resilience becomes worship when we choose to trust God in our struggles.
- It lifts our eyes from our limits to His limitless strength.

1 The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid? (Psalm 27:1 NIV)

7



8

Recenters Our Heart on God's Strength

- God's resilience flows from His unchanging character - He is strong, faithful & present.
- It shifts our focus from what drains us to the God who sustains us.

God is our refuge and strength, an ever-present help in trouble. (Psalm 46:1 NIV)

9

Recenters Our Heart on God's Strength

- God is still writing our story - He strengthens us for what is ahead.
- His work in us continues day by day.

He who began a good work in you will carry it on to completion. (Philippians 1:6 NIV)

- It helps us notice God's provision in unexpected places.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. (Psalm 23:5 NIV)

10

Recenters Our Heart on God's Strength

- God renews strength one step at a time - not all at once.
- He gives us what we need for today & tomorrow. (Isaiah 40:31)

11

Discussion Questions

- Where has God renewed your strength recently?
- What part of Isaiah 40:31 speaks most deeply to your current season?
- How has waiting on God shaped your resilience?

12



13

Reframes Our Circumstances

- Resilience does not remove hardship - it changes how we walk through it.
- Jesus has already overcome what threatens to overwhelm us.

33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33 NIV)

14

Reframes Our Circumstances

- Resilience shifts us from "How will I get through this?" to "Who is strengthening me?"
- God works for good even in seasons of exhaustion or uncertainty.

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.(Romans 8:28 NIV)

15

Reframes Our Circumstances

- God protects our hearts from discouragement & despair.
- His mercies meet us fresh each morning.

22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. (Lamentations 3:22–23 NIV)

16

Reframes Our Circumstances

- How has God helped you carry a difficult season with renewed strength?
- What small provision from God strengthened you this week?
- Where do you sense God working for good in a situation that still feels unresolved?

17



18

Renews Spiritual Strength

- A heart strengthened by God is harder for discouragement to overwhelm.
- God's joy becomes our strength when our own strength fades.

10 Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."
(Nehemiah 8:10 NIV)

19

Renews Spiritual Strength

- Resilience fuels worship even on ordinary days.

1 I will extol the Lord at all times; his praise will always be on my lips. (Psalm 34:1 NIV)

- It softens our hearts toward others - Strengthened people can extend compassion more freely.

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
(Ephesians 4:32 NIV)

20

Renews Spiritual Strength

- God builds endurance for long seasons of challenge or waiting.

9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9 NIV)

- He reminds us that He is near, not distant.

18 The Lord is near to all who call on him, to all who call on him in truth. (Psalm 145:18 NIV)

21

Discussion Questions

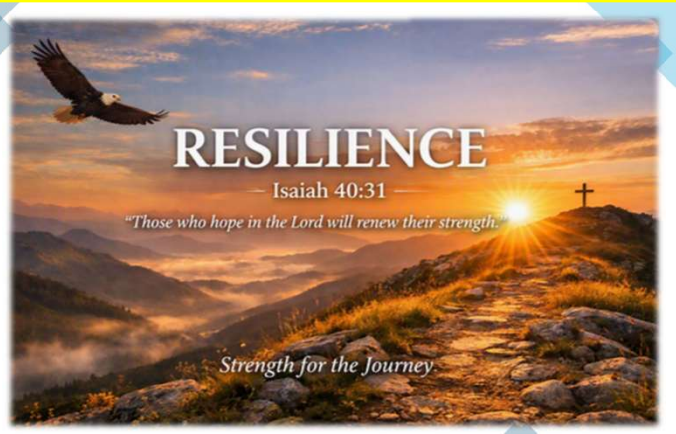
- How has God strengthened you during a weary or discouraging season?
- What ordinary moment recently became an experience of God's renewal?
- How does relying on God's strength shape the way you respond to others?

22

Practical Application

- Speak Isaiah 40:31 each morning: ***"Those who hope in the Lord will renew their strength."***
- Notice one moment of God's renewal each day - a breath of peace, a word of encouragement, a quiet pause.
- Replace one discouraging thought with one truth: "Lord, You renew my strength."
- End each day with reflection: "Where did I experience God's strength today?"

23



24