



## ***Renewed Strength***

*Isaiah 40:31 ... those who hope in the Lord will renew their strength.  
They will soar on wings like eagles...*

Burned out, spent, fried, depleted, run over, overwhelmed and under water  
Not alone, Not hopeless. Take a deep breath.

This quick 15-minute power boost will help you refocus and recharge by  
plugging into the limitless source of God's Word  
-always open, stocked, ready to refresh.  
3 things needed for success: 1 -open mind; 2 -quiet; 3 -curiosity

First step answer these important questions:

Today I feel defeated when I think about \_\_\_\_\_.

When I feel weak I usually try to \_\_\_\_\_.

*Circle One:* I (doubt/usually forget/cross my fingers/ know) God will help me.

What do I want more strength for? \_\_\_\_\_

\_\_\_\_\_

Look up these Bible references and fill in the blanks.

Need help? (Bible references list the book name: chapter#: verse#)

This also shows how to find your way around: <https://www.wikihow.com/Look-up-a-Bible-Verse>

For this SuperStudy I quote from an older NIV version. Try not to get anal about translations, just try to follow the meaning of the passage and fill in the blanks as best you can to gather real strength from the spirit of the letter.

So to start you first need to hear that God actually does love you.

**Read Psalm 103:11-14**

For as high as the \_\_\_\_\_ are above the \_\_\_\_\_  
so great is His \_\_\_\_\_ for those who \_\_\_\_\_.

*(fear here =respect)*

As far as the \_\_\_\_\_ is from the \_\_\_\_\_ so far has he  
\_\_\_\_\_ our transgressions *(sins)* from us. As a father has  
compassion on his \_\_\_\_\_, so the Lord has compassion on  
those who \_\_\_\_\_. For He \_\_\_\_\_ how we  
are \_\_\_\_\_, He remembers we are but \_\_\_\_\_.

*So far it sounds like God is not the one with unrealistic expectations of us, ...thinking maybe it's us?...*

**Next read Matthew 11:28-29**

*(Jesus said,)* Come to \_\_\_\_\_, all you who are \_\_\_\_\_ and  
\_\_\_\_\_ and \_\_\_\_\_ will give you \_\_\_\_\_. Take my yoke upon  
you and \_\_\_\_\_ from me, for I am \_\_\_\_\_ and  
\_\_\_\_\_ in \_\_\_\_\_, and you will find \_\_\_\_\_ for  
your \_\_\_\_\_.

*So what the heck's a yoke  
you ask? Something like  
this....*



Definitely not looking very restful, and yet there's something actually easier about being tied to someone else - if they're stronger than you and can help bear the weight. Also, Jesus is willing to teach us how to make our work easier... He seems to think being humble and gentle are the way to go... I know, sounds risky but if I'm weary enough, I'll usually try someone else's idea since mine rather stinks out loud...

**Now try - 2 Chronicles 16:9**

For the \_\_\_\_\_ of the LORD range throughout the earth  
to \_\_\_\_\_ those whose hearts are fully committed to him.

**And - Isaiah 54:10**

Though the \_\_\_\_\_ be shaken and the hills be removed,  
yet my \_\_\_\_\_ for you will not be shaken nor my  
covenant of \_\_\_\_\_ be removed,  
says the Lord who has \_\_\_\_\_ on you.

So a couple notes so far... we aren't naturally strong. At least it's normal to run out of strength.  
And God is always strong and willing to give us some of His strength.  
And I think He likes us. Mostly. Especially if we respect Him, so then  
His love for us and His strength for us kind of come together.  
So when we understand this, it's a good thing to thank him. David was good at that...

**Read - Psalms 18:1**

I love you O Lord my \_\_\_\_\_. The Lord is my rock, my  
\_\_\_\_\_ and my deliverer; my God is my rock in whom I take  
\_\_\_\_\_. He is my shield and the horn of my salvation, my  
stronghold....

**18:6** In my \_\_\_\_\_ I called to the Lord, I cried out to God for  
\_\_\_\_\_. (imagine...)

**18:16** - He \_\_\_\_\_ from on high and took hold of me;  
He drew me out of \_\_\_\_\_. He rescued me from my  
powerful enemy...

**18:32**- it is \_\_\_\_\_ who arms me with \_\_\_\_\_ ...

**18:34-35** He trains my hands for battle.... You give me your shield of \_\_\_\_\_, and your right hand sustains me; You \_\_\_\_\_ to make me great.

Now try **Psalm 94:18**

When I said, "My foot is slipping," your \_\_\_\_\_, O Lord, supported me. When \_\_\_\_\_ was great within me, your consolation brought joy to my soul.

So again, worth connecting... love and strength. God keeps showing that they happen together and we access both in Him, staying close to Him... kind of surrendering. Cause I need help, right?

Almost done – **read 1 John 3:16** -that's **1 John** not just John

This then is how we know what \_\_\_\_\_ is:  
Jesus Christ laid down His life for us.

**1 John 4:15** - if anyone acknowledges that Jesus is the Son of God, God lives in him and he in God. And so we know and rely on the \_\_\_\_\_ God has for us. God is love. Whoever lives in \_\_\_\_\_ lives in God, and God in him.

Not so much about us...

**Jeremiah 9:24** This is what the Lord says, "Let not the wise man boast of his wisdom or the strong man boast of his strength or the rich man boast of his riches, but let him who boasts boast about this: that he \_\_\_\_\_ and \_\_\_\_\_ me, that I am the Lord who exercises kindness, justice and righteousness on earth, for in these I delight."  
Declares the Lord.

So what's the trade off? What does God want from us?

**John 6:28** - then they asked Him, What must we \_\_\_\_\_ to do the works God requires? Jesus answered, the work of God is this: to \_\_\_\_\_ in the one He has sent.

SO there you have it... the secret to renewed strength is finding fresh power in the love of Christ for you, and you for Him. As often as needed which is pretty much constantly, He will renew you as you hope in Him.