



Behold Your God

"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."

— **Isaiah 40:31**

1. What emotions or experiences come to mind when you hear the promise of "renewed strength"?
2. Why do you think Isaiah ties strength specifically to hoping in the LORD rather than circumstances changing?
3. How does this verse challenge cultural ideas about self-sufficiency and burnout?
4. What might "renewal" look like spiritually, emotionally, or physically in your life right now?
5. When have you experienced strength returning slowly rather than suddenly? What did God teach you in that season?
6. How does this verse speak to long seasons of faithfulness that feel unseen or unrewarded?
7. What practices help you stay rooted in hope when progress feels slow?
8. Who in your life might need encouragement from Isaiah 40:31, and how could you share it with them this week?
9. If this verse were a prayer, what would you personally be asking God for today?