

## "ENDLESS STRENGTH"

Silence, stillness, and centering before God (2-5 minutes)



### SCRIPTURE / ISAIAH 40:28-31 (NIV)

**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. **29** He gives strength to the weary and increases the power of the weak. **30** Even youths grow tired and weary, and young men stumble and fall; **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.



### DEVOTION BY PASTOR ALEX FONG

The book of Isaiah is written to corrupt Jew leaders trying to warn them about the judgment to come if they walk away from God's covenant. This prophetic text speaks of events to come before they occur in real time. Isaiah speaks of the judgment that the nation will endure but starting in this chapter he pivots to address God's redemptive plan foreshadowing Christ and the hope of the people.

When I was a kid, I remember my grandpa would pick me up from school from time to time. It was always a nice surprise when he'd walk into my class to sign me out, because I knew it was going to be a great afternoon. Why you might ask? Because my grandpa would always take me to get a snack before dropping me off at home. Sometimes it was a bag of Cheetos and apple juice, but other times it was McDonalds! For 7 year-old me, that meant you had a really good day. And I guess you could say I didn't have any money... but I had my grandpa who had tons of it!

Very loosely in the analogy, my grandpa's money and ability to buy endless amounts of snacks represents a snippet of our God's strength. There is never a shortage of His might, nor an opportunity that He would withhold His ability from us. But there is one catch, and it's that we need to hope in the Lord. We need to believe that He is good, that He is full of strength, able to fill our tank when we dry.

That is when we will soar with Him who is above all!



### REFLECT

Think deeply, process, and talk to the Lord (2-5 minutes)

- Humble yourself. Put your hands out with palms open to Heaven, ask the Lord for strength. Be specific of the areas you need strength in right now.
- Sit in silence for a minute. Allow God to minister to your soul. Let Him strengthen you and encourage you for what is ahead. You do NOT face it alone!