

**“How to Keep on Keepin’ On!”  
(Isaiah 40:27-31)**

Whether you’re facing trials or just growing a little tired, God’s Word gives helpful counsel. Ancient Israel found themselves in such a place, but God had a word of hope and great promise for them. This will bring help and encouragement if you...

**Correct Your Thinking (27)**

*“Why do you say, O Jacob, and speak, O Israel, ‘My way is hidden from the Lord, and my just claim is passed over by my God?’”*

**Consider Your Theology (28-29)**

*Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength.*

**Commit Your Trust (30-31)**

*Even the youths shall faint and be weary, And the young men shall utterly fall, but those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.*

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**Small Group/Family Discussion Guide**

**Icebreaker:** Share a blessing from our VBS week or another blessing you have enjoyed so far this summer.

**Discussion Questions**

1. Share something from the teaching on Isaiah 40:27-31 that you found helpful, or that raised a thought or question.
2. Why can it sometimes feel like God has forgotten us when we’re going through a trial?
3. What great attributes of God are mentioned in Isaiah 40:28? How can these truths about God help us through difficult times?
4. For the Christian, waiting is not passive but active. How does God want us to be “active” while we’re waiting?
5. Each person in the group read one of the verses listed in the Digging Deeper section below. After hearing all these verses, discuss what it means to “wait on the Lord.”

**Small Group/Family Prayer Time**

Pray God’s Word back to Him by mentioning His attributes listed in Isaiah 40:28 in your prayer and also by claiming the promise of Isaiah 40:31.

**Digging Deeper**

What do each of these verses teach us about waiting on the Lord? Isaiah 25:9; 33:2; 40:27-31; Psalm 25:3,5,21; 27:14; 40:1; 59:9; 130:5; 145:15; Proverbs 20:22; 1 Thessalonians 1:9-10; 2 Thessalonians 3:5 and James 5:7