

## WEEKLY INSPIRATION

### Renewed Strength

***“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:31)***

Those who wait on the Lord will be renewed. God replaces exhaustion with endurance. Keep trusting and keep moving forward.

Life has a way of draining our strength. Trials, responsibilities, disappointments, and spiritual battles can leave us feeling tired in body, mind, and spirit. Yet God gives a powerful promise in **Isaiah 40:31**—those who *wait upon the Lord* will experience **renewed strength**.

Waiting on the Lord does not mean doing nothing. It means trusting Him, depending on Him, and seeking Him through prayer, His Word, and faith. When we pause long enough to rely on God instead of our own strength, He begins to restore what has been depleted.

The verse paints three powerful pictures of renewed strength:

**Mounting up with wings like eagles** – Eagles soar above storms rather than struggle within them. When God renews our strength, He lifts our perspective, so we rise above circumstances.

**Running and not growing weary** – God gives endurance for the seasons when life demands perseverance.

**Walking and not fainting** – Even in the ordinary, daily journey of life, God sustains us step by step.

Renewed strength is not found in human ability; it is found in divine dependence. When we place our hope in the Lord, He exchanges our weakness for His strength.

### Prayer

Heavenly Father,

Thank You for the promise that when I wait on You, my strength will be renewed. When I feel weary and overwhelmed, remind me that Your power is greater than my weakness. Help me to trust You, rest in You, and depend on Your strength each day. Lift my spirit so I may rise above my circumstances and continue the journey You have set before me.

In Jesus' name, Amen.

**God Bless You May Heaven Have A Smile Upon You!**

**VAZQUEZ MINISTRY**

“Spreading The Gospel, Changing Lives

[hvazquez@vazquezministries.org](mailto:h vazquez@vazquezministries.org) / [www.vazquezministries.org](http://www.vazquezministries.org)

Facebook / Instagram / YouTube

## WEEKLY INSPIRATION

***VAZQUEZ MINISTRY***

“Spreading The Gospel, Changing Lives

[hvazquez@vazquezministries.org](mailto:h vazquez@vazquezministries.org) / [www.vazquezministries.org](http://www.vazquezministries.org)

Facebook / Instagram / YouTube