

July 7, 2002  
AM Service  
Patchogue Church of the Nazarene

“Tired? Wait!”

Isa 40:29-31 NLT

29 He gives power to those who are tired and worn out; he offers strength to the weak. 30 Even youths will become exhausted, and young men will give up. 31 But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

### **1. Where Do We Get Strength?**

Are you tired? Lately I have just been feeling exhausted. Part of that is just needing a break, a break from the daily routine and responsibilities. As an old advertisement put it, “I need a vacation.” But there are a lot of things that make us tired and worn out. Stressful situations can cause us to be tired. We get emotionally exhausted dealing with troubles. We worry about many things and worry gets us exhausted. We have so much on our mind that we can get mentally exhausted. We work hard and get physically exhausted. Sin can also wear us down. A sinful lifestyle will destroy you in many ways. Guilt can exhaust you. Pride, greed, covetousness will make you busy and eventually tired. Trying to live this life depending entirely on yourself will make you tired and worn out. Sometimes we could be trying to live on our own strength and not even realize it. Being exhausted may be a sign that you are living on your own strength. A few weeks ago I spoke on putting to death the old self or old nature. The self that lived in it’s own strength – without God. Do you still struggle with the old self? Sometimes I get weary of dealing with that. I don’t know about you but I long to have Jesus live in and through me unhindered. I want to be Jesus... I’m not. I have His Spirit but that treasure is in this jar of clay: 2 Cor 4:7-9 - But we have this treasure in jars of clay (and here’s why) to show that this all-surpassing power is from God and not from us. (And so) 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed.

2 Cor 4:7 NLT - But this precious treasure--this light and power that now shine within us--is held in perishable containers, that is, in our weak bodies. So everyone can see that our glorious power is from God and is not our own.

Isaiah put it this way: (The LORD) gives power to those who are tired and worn out; he offers strength to the weak.

Are you seeking strength in the right place, from the right source? (v30) Even youths will become exhausted, and young men will give up. These bodies of ours get tired, get old, and are either, growing or starting to die. Will power will eventually fail even young people. We need power from a source that doesn’t fail. That source is God. Do you think God has forgotten you? Listen again to Isaiah (Isa 40:27-28) O Israel, how can you say the LORD does not see your troubles? How can you say God refuses to hear your case? 28 Have you never heard or understood? Don't you know that the LORD is the

everlasting God, the Creator of all the earth? He never grows faint or weary. No one can measure the depths of his understanding.

Ok, so our strength comes from God - a God who never grows weary. But how do we get that power / strength from God?

## **2. How Do We Get Strength?**

(v31a) But those who wait on the LORD will find new strength.

We find new strength or we renew our strength if we *wait* on the LORD. But what does it mean to *wait* on the LORD?

The Hebrew word that is used here is not the word most often used in the OT that is translated "wait." The Hebrew word used here is *quvah* (pronounced: kaw – vaw). This is an interesting word. It means to expect, gather (together), look, patiently, tarry, wait (for, on, upon). But what I found interesting is that its primary root is *to bind together* (by twisting). When I was a Boy Scout some friends in my troop built a device to make rope. They could take twine and with this device weave several pieces together to make rope. The one strand of twine by itself was not very strong but twisted together with other pieces of twine it form a rope that was a lot stronger than the one piece of twine by itself. The different pieces of twine became one strong rope. We need to bind together with God's Spirit and be one with Him. Then we will find strength. The word *wait* in the OT, I believe, is equivalent to the word faith in the NT, especially faith in Jesus Christ. As we know, trust and obey Jesus by knowing, trusting and obeying His Word, the Bible and by being with Him in prayer we will become one with Him.

### **THE WORD:**

John 14:23

23 Jesus replied, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him.

John 15:9-10

9 "As the Father has loved me, so have I loved you. Now remain in my love. 10 If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love.

God loves us, lives in us, is one with us and remains in us through faith in Jesus and by knowing and obeying the teachings of Jesus.

***We must be people of the Word.*** Are you reading your Bible and meditating on what God is saying to you through His Word? If your faith is in Jesus you will obey His teachings. To obey His teaching you must know the Bible. To wait on the LORD is to be one with Him and so to have hope. If we are going to have a personal and passionate devotion to Jesus we must know Him through His Word. Then the Holy Spirit will make that word part of our life. As we obey it He lives in us and where the Spirit of the Lord is

there is peace and the Lord is your strength. Make a plan to spend time in the Word. You may want to keep a journal of what God is saying to you. Discipline yourself to be godly. The discipline will not renew your strength. The Holy Spirit will. Have you ever had any cement work done? First a form is created where the cement will go. Once in place then the cement can be poured. The discipline creates the form that the Holy Spirit can fill and be poured out into your life.

**PRAYER:**

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Now if Jesus saw the necessity in getting up early and going to a solitary place to pray and be with the Father certainly we need to do the same. You may have to change your schedule a bit to make this happen but if you want strength you must make time to be alone with God. Sometimes I have so much to do that I shorten my prayer times to get more done. But you know what I've discovered? When I take the time to pray (I really can't explain it – it's a mystery but) I will get more done. When in prayer I wait, expecting by faith to meet together with God. He is faithful to meet with me and my strength is renewed. ***We must be people of prayer!***

**3. When Do We Need Strength?**

(v31b) They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

God adjusts His supply of strength to your present need.

They that look to the Lord and hope in Him:

They will fly high on wings like eagles.”

They will rise above the earthly, worldly, the temporal.

They will run and not grow weary

They will have stamina for endurance

They will walk and not faint.

They will find grace for enduring, tenacious persistence, and persevering

“Natural strength at its best can be exhausted, but not so the supernatural.” Those who wait on the Lord, abiding and binding together with Him through prayer, the Word and keeping His Word will expect, look for and hope in Him and will renew their strength.