

DEEP IMPACT STUDENT MISSIONS

Pre-Camp Bible Studies
Summer 2020

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 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 40:29-31 (NIV)

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WAITING ON THE LORD

Session 1

“but those who hope [wait] in the Lord will renew their strength.”

Attention Getter – Use a stopwatch (or phone) and set it for 1 minute tell students to sit still with hands in lap and look at the floor and **WAIT** until the minute is over.

- Ask the students how waiting felt?
- How long did it feel like you were waiting?
- What would have helped you be more patient waiting? (having something to do?)

How would you define “waiting”? (In our theme verse the NIV translation uses the word “hope” / ESV uses the word “wait”)

- our definition of “waiting” explains why we were impatient in the previous waiting exercise
 - **waiting** - the action of staying where one is or delaying action until a particular time or until something else happens
 - waiting in the sense of this definition ... and how we perceive waiting can actually drain or exhaust us
 - think about being at the doctor’s office and having to wait to see the doctor...we may leave tired and ready for a nap
- how is this different from “waiting on the Lord” or “hope in the Lord”?

Read - Psalm 27:14 – “Wait for the Lord; be strong and take heart and wait for the Lord.”

- God is not calling us to idly wait ... the type of waiting we are familiar with
- According to the Isaiah passage ...those who wait on the Lord will renew their strength
- The Hebrew word for “wait” means “to bind together” First off, “to bind together” is not sitting in a corner, waiting patiently or being quiet. It’s not even meaning to just wait for God to answer me in a few days or weeks. It’s about binding together with Him.

How can we “bind together” with the Lord?

- Allow students to answer (examples Reading God’s Word, prayer, fellowship w/other believers)
- Those who “bind together” with Him shall renew their strength. So, what Isaiah is saying here is you’re getting your strength renewed by being very close to the Lord.

Read – John 15:5 – Jesus explains in this verse the importance of “binding together” or being intertwined with Him as our source of strength.

At times all of us have been weary. Our experiences can be exhausting.

The word “wait” has to do with faith, not service, it bears the concepts of trust, hope and longing. It is to wait with expectant hope. This hope is brought to those who wait in patience. This hope is represented by patient waiting.

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To wait on the Lord means to trust Him. To wait on the Lord is to believe His Word; stand on His promises; desire His will; to hope in His faithfulness. It is to expect good things from the Lord's hand...expecting Him to renew your strength.

NOTE: Incorporate this to fit your team. If you choose, present the Gospel at this time. You may also choose to include activities appropriate for the age of the group and verse memorization.

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BEING RENEWED

Session 2

“He gives strength to the weary and increases the power of the weak ... [He] will renew their strength.”

Start by reading the theme focus verse. Take time to review what it means to “wait” on the Lord.

For there to be a “renewal” there must be a need for “renewal.”

- (ask) What do you think that means?
- To imply that those that are waiting need to be renewed indicates a need or being drained.
 - Talk about what happens when the car runs out of gas....what do we need to do? (the tank needs to be filled up)
 - What about when we have been working outside all day long (maybe on a mission project) and we feel exhausted... we NEED refreshing (with water and/or rest)

Object lesson - Let's try something.... (pick a couple of “strong” youth/kids for this exercise – maybe ask who thinks they are the strongest in the room?) (Note: bring a couple bricks to the study)

- Have the “strong” volunteers hold the brick in one hand straight out from their body for 2 minutes
 - Did they make the 2-minute mark?
 - What does their arm feel like? How will they renew the strength in their arm?
 - The scripture tells us **Even youths grow tired and weary, and young men stumble and fall ...** attempting to use our own strength doesn't work for us.
 - As demonstrated by our “strong” folks We still get tired and need rest and renewal no matter how strong or physically fit we may be
 - How will they “renew their strength” to be able to use that arm again?!

Isaiah says the strength, stamina and agility normally associated with youth proves insufficient. Even young men, athletes and soldiers, grow weary and become tired. There is a limit to all human endurance. Exhaustion causes them to stumble. In weariness they fall. The strongest can go so far and no further.

What about spiritual exhaustion?

- Do we ever get tired or drained in serving? Even serving in the name of Jesus?
 - What about those times when you feel like your service goes “unnoticed?”

As in the physical (human) strength, we can become weary and tired in the spiritual sense as well. And we need renewing, just like we are reminded by Isaiah.

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The Lord is not promising an extension of our own natural strength. This strength He promises in Isaiah 40:29-31 is supernaturally supplied. What may happen to strong young men doesn't happen to those who wait (or hope) on the Lord. Rather, they will renew their strength. Our batteries are recharged. Our tanks are refueled. Depleted energy is restored. Our power returns as with the regrowth of Samson's hair (Judges 16.)

Look at Psalm 51:10 - When we need the strength only God can provide we need to cry out to Him to renew our strength, to restore us when we are weary and tired.

How is our strength renewed?

- **Spiritual renewal is only possible in the life of the believer.** At creation, God had established a perfect world with perfect people who soon disobeyed and the relationship with God was broken and could not be renewed except through the blood sacrifice. Eventually, God sent His Own Son to die on a cross and rise again so our relationship with Him could be renewed. (Read John 3:16) God began the renewal process with His Son.
Although we will not reach perfection until we are in heaven with the Lord, the Holy Spirit immediately begins the work in our lives that will be completed that day. **Read Philippians 1:6**
- **Ask...what does this mean for you? How does this effect your thoughts about mission work (serving others?)**
- **Renewal is a continual process for the believer. Read 2 Corinthians 4:16.**
As believers are still prone to sin, it is important for renewal to become a constant practice as we seek to live lives that reflect Christ. Believers are called to be set apart from the worldly culture around us, to live *in* the world but not be *of* the world.
- **Ask... how can we live *in* the world but not be *of* the world?? How can we make sense of this in our daily lives?**
- **Renewal comes by way of spiritual rest. Read Psalm 54:4.**
"Soul care" can only happen when we focus on God and rely on His strength to sustain us. This renewal is always available... when we sin we receive forgiveness (read 1 John 1:9); when we lose our joy we can pray to have it restored (read Psalm 51:12)...spending time with the Father (in prayer) was how Jesus "recharged" to get ready for what He had to face. This example applies to us today! When we need to be renewed ...spend time with the Father.

In closing... How is God renewing your strength today? How is He preparing you for what He has called you to do?

NOTE: Incorporate this to fit your team. Customize with your own personalization.

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RISE ON THE WINGS OF EAGLES

Session 3

“They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint”

Start by reading the DI focus verse and reviewing what it means to be renewed.

The renewal of strength available through the power of God will give us an energy that may seem as if it were boundless. Like the Energizer Bunny ... going on and on and on and on. This is the difference between relying on our own efforts and trusting in the Lord’s strength.

Attention Getter – What do you know about eagles?

- Characteristics of the Eagle ... (let the group share what they know about the eagle – have a picture of an eagle to show – and google some facts about eagles)
 - Ask – based on these characteristics of the eagle why do you think Isaiah referred to “eagle’s wings” in this passage of Scripture?
- Some facts from different commentaries about eagles
 - Ancient Hebrew culture revered eagles as might warriors
 - They cared fiercely for their young – they carried their eaglets to safety if there was a threat or danger near by
 - Eagles demonstrate strength and courage in storms
 - They fly up above the storm clouds to safety
- Imagine what it would feel like to be an eagle ... or to be able to ride on the back of an eagle and soar above the clouds in the storm. Eagles soar with the greatest of ease; effortlessly.
 - They are not flapping their wings in a test of endurance trying to soar of their own power They use the wind currents to glide.
- The picture Isaiah paints with this simile is to help us recognize that when we trust in God during the good and the bad, He can lift us up above our storms or troubles. He gives us the strength to “soar” effortlessly. He is the “wind beneath our wings.”
- God’s promise is an assurance of an ever-lasting strength, beyond our own strength. We should be exhausted when we struggle to overcome the obstacles on our own, but with God we can soar on the wings of eagles and we are not!

The choice is ours... we can flap or soar! Many times when we become tired it is because we have “forgotten” some of the things we have heard about God from the beginning (just like the Israelites when God delivered them from the Egyptians – Exodus 19:1-6). He will ALWAYS make His strength available to us if we trust Him.

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So what does this mean for you in your daily life? Do we sometimes “forget” all that God does for us? What is the promise from God in Isaiah 40:29-31 that we need to believe??

In what way does this theme verse encourage you as you prepare to be on mission for God?

NOTE: Incorporate this to fit your team. Customize with your own personalization