

Good morning! I have sometimes noted that, as I grow older, I don't have the energy I used to have. Do you find that, too? I used to be able to work in the yard for hours, hauling mulch, planting plants, gardening. Pam and I used to heat our house with wood and to get prepared for winter, we could split and haul wood all day, in those 90 degree summer days. Those days are now a distant memory. When it's time to split wood, I rent a splitter. I still love the outdoor work, but now I must be careful of my back. Looking ahead, I expect many more active years but at the same time, I'm learning that I must pace myself. And sometimes I just get weary. Are you weary this morning? If so, let's look together at today's passage for help:

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will renew their strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

### **Isa. 40:29-31**

Isn't this a great passage? I love God's promises, even when I don't know how to appropriate them! Isaiah tells us here that God gives power to the weak and strength to the powerless. As I look carefully at this passage I see that I'm well-qualified to receive this promise---I'm definitely weak and powerless! He says, "*Even youths will become weak and tired and young men will fall in exhaustion.*" This certainly sounds like Saturday at the Lambert house after we have received a load of mulch! Then he says, "*But those who trust in the Lord will renew their strength.*" The word translated as *renew* in Hebrew is change or exchange. They shall exchange their strength. How do they exchange their strength? They trade it for God's strength. They give up their own strength and they receive God's strength. We don't just get God's strength though; the Bible clearly tells us that we must trust God for it. In other words, when you and I come to the end of our own strength, we trust in the Lord and then we're able to receive God's strength. Is that a great promise or what? Have you been running out of your own strength? Would you like to receive more of God's strength? Let me encourage you then to look for ways to trust God. As we begin to trust Him more than we trust ourselves, we begin to appropriate His strength for the work He gives us. That's Good News...and that's a promise from God!