April 29, 2020

Scripture and Reflection Questions

**Isaiah 40:25-31**

“‘To whom will you compare me? Or who is my equal?’ says the Holy One. Lift up your eyes and look to the heavens: who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing. Why do you complain, Jacob? Why do you say, Israel, ‘My way is hidden from the Lord; my cause is disregarded by my God’?

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 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.”

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1. If you had to pick one thing, what is wearing you out most right now? How are you seeking rest from those things?
2. How have you been creative? How do you think that creativity has been used to represent God and reflect His image?
3. What is most encouraging to you from the Isaiah 40 passage? How do you think this message from the prophet Isaiah was encouraging for God’s people who were exiled in Babylon?
4. Who specifically could you turn to for some comfort, encouragement, energy, and strength? How will you reach out to this/these person(s) this week?
5. How has hoping in the Lord renewed your strength? What does that mean to you?