Lesson #6- Renewed Strength

READY: "*Do you not know? Have you not heard? Yahweh is the everlasting God, the Creator of the whole earth. He never grows faint or weary; there is no limit to His understanding. He gives strength to the weary and strengthens the powerless.***" – Isaiah 40:28-29**

REVISED VERSE: God the creator gives strength to the weary and strengthens the powerless.

SET:

Where do you find strength to compete when you're weary? Who or what is your source of power when your legs, arms, back, and mind are tired?

Isaiah was confident in the power and strength of God. He knew Him as the Creator of the whole universe, possessed of limitless ability and infinite might. That built Isaiah's confidence because he knew God to be gracious and giving of those same attributes.

At some point everyone who competes becomes weary and lacks power and strength. But those are the perfect times to trust God and commit more than ever to your relationship with Him. He gives strength and power freely. He delights to do so when you simply ask for it and trust Him to supply all you need.

In your preparation for competition, ask God to transfuse His power into your body. Petition Him for the gift of mental strength and wisdom. Pray for and seek more of His love and mercy in your spirit. He'll answer you from His limitless supply, right on time.

GO:

1. What are some of your go-to sources for strength when you get tired in competition?

2. Where do you turn when your legs, arms, back and mind are fatigued?

3. Is there a point in your season when your teammates lack energy and need a renewal of strength?

4. How can you remember God as your strength in times of weariness?

WORKOUT: Joshua 14:11 & Job 29:20

OVERTIME:

"Father, I confess that my body and mind get tired, sore, and worn out. Please be my continual source of strength, passion, and energy. Renew my soul and revive my body so I may serve You, my

teammates, and my coaches with powerful effort and a winning attitude. In Jesus' name I pray, Amen."