

BELLEVUE CHRISTIAN

WITH PURPOSE

Week Seven: May 26th-29th

The devotional on the pages that follow can be used by individuals, families, and small group Bible studies. If you are doing this devotional alone, we encourage you to invite friends and family to join you—beautiful things happen when we invite others to grow with us in our relationships with Jesus!

This devotional has three sections:

1) **Reading:**

- **Key text:** Read this text at least two times. Bonus points if you read it out loud! Look for the main idea and look for a phrase that jumps out at you.
- **Digging deeper:** Use these verses to go deeper into themes from the key text. Use a highlighter to mark ideas that stand out or themes that repeat.

2) **Reflection:** Use these reflection questions to connect your reading directly to your life. Reflect on how God is speaking to you and equipping you through His Word!

3) **Prayer:** This guided prayer is broken up into four sections, using the acronym ACTS:

- Adoration—Tell God something that you love about Him.
- Confession—Confess your feelings, worries, troubles, and sin to God.
- Thanksgiving—Tell God what you are thankful for.
- Supplication—Talk to God about what you are needing or wanting.

Throughout your prayers, feel free to return to the specific words and phrases you read in previous sections. One of the many ways we can use God's Word is by turning into prayer!

Key Text: Isaiah 40: 10-14, 21-31

As you read, look for how ideas that relate to God's power and care:

Isaiah 40:

10 See, the Sovereign LORD comes with power,
and he rules with a mighty arm.

See, his reward is with him,
and his recompense accompanies him.

11 He tends his flock like a shepherd:
He gathers the lambs in his arms
and carries them close to his heart;
he gently leads those that have young.

12 Who has measured the waters in the hollow
of his hand,
or with the breadth of his hand marked off the
heavens?

Who has held the dust of the earth in a basket,
or weighed the mountains on the scales
and the hills in a balance?

13 Who can fathom the Spirit of the LORD,
or instruct the LORD as his counselor?

14 Whom did the LORD consult to enlighten him,
and who taught him the right way?

Who was it that taught him knowledge,
or showed him the path of understanding?

21 Do you not know?
Have you not heard?

Has it not been told you from the beginning?
Have you not understood since the earth was
founded?

22 He sits enthroned above the circle of the
earth,
and its people are like grasshoppers.

He stretches out the heavens like a canopy,
and spreads them out like a tent to live in.

23 He brings princes to naught
and reduces the rulers of this world to
nothing.

24 No sooner are they planted,
no sooner are they sown,
no sooner do they take root in the ground,
than he blows on them and they wither,
and a whirlwind sweeps them away like chaff.

25 "To whom will you compare me?
Or who is my equal?" says the Holy One.

26 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.

27 Why do you complain, Jacob?

Why do you say, Israel,
"My way is hidden from the LORD;
my cause is disregarded by my God"?

28 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.

29 He gives strength to the weary
and increases the power of the weak.

30 Even youths grow tired and weary,
and young men stumble and fall;

31 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.

Looking at the passage above, what key phrase stands out to you? Put a box around it!

Digging Deeper:

Most of the passage above describes God's power and great might. Verse 31 says, "but those who hope in the Lord will renew their strength." Read the verses below and look for clues about what it means to have the Lord as your strength.

Psalms 28:7 The Lord is my strength and my shield; my heart trusts in him, and I am helped. Therefore my heart celebrates, and I give thanks to him with my song.

Psalms 46:1-2a God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear....

Psalms 138:3 On the day I called, you answered me; you increased strength within me.

Nehemiah 8:10 Do not grieve, because the joy of the Lord is your strength.

Habakkuk 3:19 The Lord my Lord is my strength; he makes my feet like those of a deer and enables me to walk on mountain heights.

2 Corinthians 12:9-10 But the Lord said to me, "My grace is sufficient for you, for my power is perfected in weakness." Therefore I will most gladly boast all the more about my weaknesses, insults, hardships, persecutions, and in difficulties, for the sake of Christ. For when I am weak, then I am strong.

Ephesians 3:16 I pray that the Father may grant you, according to the riches of his glory, to be strengthened with power in your inner being through his Spirit, and that Christ may dwell in your hearts through faith.

Ephesians 6:10 Finally, be strengthened by the Lord and by his vast strength. Put on the full armor of God so that you can stand against the schemes of the devil.

Verse 31 says that our strength is renewed as we hope in the Lord. The word *hope* is sometimes translated as *wait* or *trust*. Read the verses below and highlight what stands out to you about hoping, waiting, and trusting in the Lord.

Psalms 32:10b Steadfast love surrounds the one who trusts in the LORD.

Psalms 37:5 Commit your way to the LORD; trust in him, and he will act.

Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Isaiah 30:15 In repentance and rest is your salvation, in quietness and trust is your strength.

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 11:6 And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

1 John 5:14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.

Reflection:

When you think about the verse, “those who hope in the Lord will renew their strength,” what stands out to you? How does it make you feel? What does it make you think?

From the verses in the Key Text and the Digging Deeper section, what stands out to you most about God’s strength?

How do you practice trusting and hoping in the Lord? How and when is trusting in the Lord easy for you? How and when is it challenging? Why?

Prayer:

Adoration: Praise God for his power and his care for you. (hint: use some of the specific words and phrases from the verses you read. For example: “God, YOU come with power and you rule and reign over my life with a mighty arm.”)

Confession: Confess your struggles to trust God and the doubts you may have about his power and his care for you. Confess the ways you need God to be your strength.

Thanksgiving: Thank God that he never stops caring for you and that he always has enough strength and power for you. Thank him for his promises to strengthen you through every circumstance in your life.

Supplication: What things in your life make you feel tired and weary? Ask God to give you strength for those things. What things make it hard for you to trust God? Ask God to help you trust him more and more, even in the areas that are hardest. Who in your life needs God to strengthen them? Who in your life needs help trusting God? Pray for them too!