

**Word notes Sunday 30/11/08 Jerry Bendall**  
**Renewing your strength**

**Summary**

“They that wait upon the Lord shall renew their strength.” Isaiah 40:28-31

Life is like a race, we exert ourselves to reach the finish line and sometimes we fall down, suffer setbacks, get discouraged, even have our pride dented a bit if circumstances do not match up with our declared visions or faith. At such times Isaiah tells us not to stay down but to seek the Lord, to wait on him (the word translated as “wait” has roots in Hebrew meaning linger but also bind together like a cord).

How often do we present a calm exterior, appearing to be in full control, yet know that inside there is panic, fear or uncertainty – our minds in turmoil? We serve a God who turns things inside out and upside down. He wants us to be calm on the inside while things are manic on the outside and the way He has enabled us to be that way is when we wait on Him, as we spend quality quiet time with God with no agenda other than to allow Him to speak to us, minister to us through the Holy Spirit and give us renewed strength, vision, purpose etc.

God isn't fooled by any masks of security, contentment, assuredness or self-reliance that we might wear to keep us going in the world – He sees what's really going on underneath and the good news is He loves us just as we are and is ready to meet us there and make an outward calm an inward reality by fellowship with Him.

**Application - Prescription for renewed strength (take regularly)**

Either in the group or on your own discuss or think about when is your best time to hear God – morning, afternoon, evening? In the shower, as part of a “quiet time”, when travelling to work, listening to worship music, playing an instrument?

Make a note to spend some time with God at your time and in your place, allow at least ten minutes, maybe more and ask Him the following question:

“What do you want to say to me today?”

Make a note of what the Lord says in a notebook for yourself. Date it and keep it for reference in the future. Repeat at regular intervals asking God to go deeper with you as time goes by.

Persevere – if you feel completely blank or think what you heard/saw/felt was just your thoughts then promise to yourself to keep doing the same until God speaks or confirms what He said in some other way.

Share with a close Christian friend (your spouse if married) what God says to you.

**Witness:**

Nov/Dec Task: Be thinking about the Christmas season – probably the best time to mention the ‘J’ word (Jesus of course!). What will the cell do to open up their celebration of Christ's birth to un-churched people?

The Christmas Celebration meeting is on Sun 21<sup>st</sup> Dec at 5pm – start thinking of who you can invite, maybe hand out invites at a party or other Christmas related activity the cell holds.

**We are sending a Christmas card and CD to the houses on Studlands – and need help delivering them on Wed 10th December – meet at NCC 7:30pm. Tell your Cell and ask if they would like to help then please speak to Jan.**