

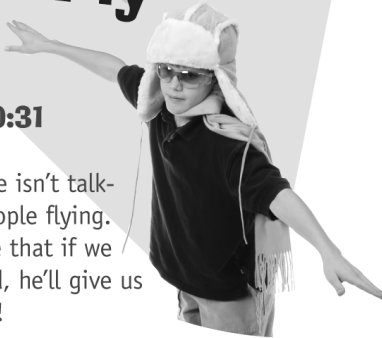
Key Verse

“But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.”—ISAIAH 40:31

Strength to Fly

Ever wish you could fly? Read ISAIAH 40:31 out loud.

No, that verse isn't talking about people flying. It's a promise that if we just trust God, he'll give us new strength!



Try this trick to remind yourself to trust God!



1

Stand in a doorway. Press the backs of your hands against the door frame as hard as you can.

2

Count to 25.

3

Move away from the doorway and relax your arms. What happens?

YOU FOUND NEW STRENGTH!

When you stopped pressing so hard, your arms wanted to fly up. God promises to renew our strength when we trust him, even when we're tired and troubled. **Next time things get tough, remember that God promises to give you new strength!**