I. FIRST, NOTICE THE WEAKNESS.

A. Isaiah prophesied that Israel would be weak after 70 years of exile and slavery.

1. They will be physically weak—v.30—“Even youths grow tired and weary, and young men stumble and fall.

2. They will also be weak spiritually—v.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”?

B. Though Israel is weak, Isaiah tells them that God has not forgotten them, that God cannot forget them—Isa. 40:28-29—“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. (Likewise God cannot forget us either!)

II. SECOND, NOTICE THE WAITING.

A. The word “hope” in verse 31 is also translated as “wait”.

1. “Waiting” and even “hope” means to look forward to God’s promise of strength—40:31—“Those who (wait and) hope in the Lord will renew their strength”.

2. The word “wait” doesn’t mean to do nothing.

3. It means “confident expectation”, “the patience to endure” and “trusting God to do what He says”.

B. Other verses are Psa. 62:1, 62:5, Lam. 3:25-26 and Micah 7:7.

Psa. 62:1 KJV--Truly my soul waits on God.

Psa. 62:5 KJV-- My soul, wait on God.

Lam. 3:25-26 KJV-- 25 The Lord is good to those who wait for him... 26 It is good that a man should both hope and quietly wait for the salvation of the Lord.

Micah 7:7 KJV-- Therefore I will look to the Lord; I will wait for the God of my salvation...
III. THIRD, NOTICE THE STRENGTH.

A. It’s Source.

1. “Those who hope or wait in the Lord”—v.31.

2. Yahweh or Jehovah (Latin).

3. Proper name and holiest name for God.

4. Written in Hebrew with no vowels so it could not be spoken aloud (YHWH)

B. It’s Strength—v.31 “will renew their strength”

1. “Strength”: To be firm, force, ability, power or might.

2. “Renew”: to exchange as taking off old clothes to put on new one. Exchanging our weakness for God’s strength.

C. It’s Sequence.

1. The road back from Babylon to Israel would be a long one, 700 miles. Israel would start out fast, slow down, then slow down even further.

2. Point: If you can’t fly anymore then run; if you can’t run anymore then walk; if you can’t walk anymore, then walk on.