

Growth Group Discussion Preparation

Scripture Reading: Isaiah 40:21-31

Message: "Renewed"

Getting Started

1. When was the last time you said or felt like you were tired/weary? Why were you tired or weary?

Going Deeper

2. Isaiah 40 was first spoken to a people in exile. We are a world away from a literal "exile" but what are some comparable "exile" type circumstances in our context and lives today?
3. The message made a distinction between two categories of weariness: The things we _____; and the things we don't _____. Give examples in both categories.
4. What are some of the things people put their hope (trust) in? What about you? What would you say is your ultimate hope?
5. The Hebrew word for "renew" (vs 31) literally means "exchange." Our weakness is often a conduit to experiencing God's strength. We might say, God renews us through that "exchange." Tell of a time when you experienced God's renewing strength in a season or moment of weakness.

Application

6. How can the promise and comfort of this text be applied in your life? Who in your sphere of influence can you bless by speaking this promise into their life and circumstance?