

</RESTART>

<DISCUSSION GUIDE

SEPT. 19/20
RENEW MY STRENGTH

It's easy to let life get the best of us sometimes—to feel run down, weary, or weak in spirit. But the Bible says there's a strength and power that's available to us, and no matter what we are going through, it'll help us soar above life's difficulties.

DISCUSSION QUESTIONS

1. Read **2 Corinthians 12:9-11**. How do these verses make you feel knowing God's power is made perfect in weakness? Give an example of when God has shown his power in your life through a problem or weakness.
2. How often do you wait upon the Lord and spend time in his presence before diving into the rest of your day? How might your day be different if you started it off that way?
3. If you are in a season of waiting right now, maybe there's a reason. What areas in your life can you start asking, "God, what are you trying to strengthen IN me so that I can be ready to let you work THROUGH me?"
4. Read **Psalms 32:2**. Are there any areas in your life where you feel like you are hiding sin or weakness? Confide in a trusted friend, family member, or counselor and be set free.

CHALLENGE

This week, write a plan on how you can start to renew your strength. Maybe it's by trusting in God's provision more, learning to wait or coming out of hiding. Then act on it!

COMMIT TO MEMORY

But those who wait upon the Lord will renew their strength. They will soar on wings like eagles; they will run and not be weary, they will walk and not be faint. **Isaiah 40:31**