

Elder Sharon A. Smith
Noonday Biblestudy
August 11, 2026

Lesson #1

“Waiting Well: Strength comes from God’s Presence”

Scriptures:

- Isaiah 40: 28 -31 (vs 31)
- Psalm 27: 13-14
- Psalm 46:10

Objective:

Waiting on God is not wasted time: It is preparation time. God strengthens us while we wait.

Opportunities for Renewal:

1. God never grows weary
2. Waiting develops Faith
3. Renewed Strength produces endurance

Isaiah 40:28 -31

- These four verses promises us that those who trust in God will receive supernatural strength when they feel tired.
- They contrasts human weakness with God’s limitless power, showing that God never gets weary and gladly shares His strength with those that are exhausted.

(vs28)

“Hast thou not known? Hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? There is no searching of His understanding.”

- This verse speaks about God’s endless power. He created everything, He never gets tired, and humans cannot understand His wisdom.

(vs 29 - 30)

“He giveth power to the faint; and to them that have no might He increaseth strength.”

“Even the youths shall faint and be weary, and the young men shall utterly fall.”

- Even the strongest and the youngest people eventually get tired, burn out, and fail.
- Everyone reaches a point where natural strength is not enough.
- This is why our strength must be renewed.

(vs 31)

“But they that wait upon the Lord shall renew their strength: they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk and not faint.”

- Those who “wait on the Lord” (trust, hope, and rely on Him) will receive new energy and strength.

1. Wings like Eagles:

- Rising above heavy challenges in life, with a fresh soaring perspective. (see things differently) as you soar above your challenges.

2. Run and be not Weary:

- Having the endurance to handle high energy, fast paced crises.

3. Walk and not Faint:

- Having the steady, daily perseverance needed for ordinary, long - term struggles.

Note:

- Throughout these scriptures we should focus on God's endless power, our human weakness, and renewed strength through waiting on the Lord.
- We get tired, God never grows weak or weary.
- Those who hope in the Lord will renew their strength.

Psalm 27: 13 - 14

(vs 13)

"I had fainted, unless I had believed to see the goodness of the Lord in the land of the living."

(vs14)

"Wait on the Lord; be of good courage, and He shall strengthen thine heart: wait, I say, on the Lord."

- These two verses are a powerful message of hope and endurance.
- David admits that they would have given up in despair during hard times if they did not trust that God would show His goodness in everyday life.
- It encourages us to be brave, stay strong, and patiently trust God to renew their strength.

Note:

- David is honest about how close he came to quitting or losing hope under heavy pressure.
- He does not say that he gave up because things were bad; instead, he says his faith in God's goodness kept Him from collapsing.

The land of the Living:

- Means right here on earth, during our active living, not just in an after life.
- God's help and kindness are active in our current daily struggles.

Active Waiting:

- Waiting on God is not passive standing around. It means trusting with an active, hopeful, and watchful spirit while God works.

Courage and Strength:

- True bravery comes from outside ourselves: when we choose to wait on God. He infuses strength directly into our fearful hearts.

Repetition for Emphasis:

- Repeating "Wait for the Lord" at the beginning and the end of the verse shows just how vital and difficult this patient trust is for us to practice.

Psalm 46:10

"Be still and know that I am God; I will be exalted among the heathen, I will be exalted in the earth."

- This verse is a call to drop our weapons of panic, and frantic control, and surrender to God's supreme power.
- Stop fighting life, problems, situations and recognize who is truly in charge.
- It invites us to meditate on the Lord our God.

Note:

(Hebrew) Be Still (rapha) means to let go, sink, release, or drop one's hands.

Surrender of Control:

- Tell human panic and hostility to surrender, acknowledging that human effort cannot fix or rule the world.

Know that I am God:

- Acknowledge Sovereignty
- To know means deep, active realization. It reminds us that God is God and we are not.

Release the Burden:

- The safety of this world and our personal life does not rest on our shoulders.

Ultimate Victory:

- God declares that He will be exalted everywhere. His goodness and power will ultimately outlast any chaos or personal trial.