



Wednesday in the Word
Evening Bible Study – Wonderful Wednesdays with Jesus
Wednesday, January 14, 2026 – 7:30 P.M.

“Strength for the Long Walk”

A Follow-Up to “When Strength Shows Up Right on Time”

Primary Text: Isaiah 40:27–31 (NLT)

Supporting Texts: Psalm 73:26 (NLT); 2 Corinthians 4:16–18 (NLT); Galatians 6:9 (NLT)

PURPOSE OF THE STUDY

Sunday and noon services give us strength for the moment. Bible Study teaches us how to sustain that strength over time.

This lesson is designed to help believers:

- Understand why weariness happens
- Learn how God renews strength
- Discover what to do when strength feels delayed

OPENING FRAME (5 MINUTES)

Facilitator Statement:

“At noon, we learned that strength shows up right on time. Tonight, we want to learn how to keep walking when strength feels slow.”

Read Isaiah 40:27 aloud together.

SECTION I – WHEN FAITH GETS TIRED (Isaiah 40:27)

“My way is hidden from the Lord...”

Teaching Insight:

Israel isn’t doubting God’s existence—they are doubting God’s attentiveness.

This is not rebellion. This is burnout.

Truth to Teach:

Strong believers can still feel unseen. Faith fatigue is real—but it is not final.

Discussion Questions:

1. What causes spiritual exhaustion more than physical exhaustion?
2. Have you ever felt like God overlooked your situation?
3. Why do faithful people hesitate to admit they are tired?

Key Line:

Feeling tired does not mean God stopped caring.

SECTION II – GOD’S STRENGTH IS NOT LIKE OURS (Isaiah 40:28–29)

“He never grows weak or weary...”

Teaching Insight:

God does not need rest before He helps you. He is not drained by your needs.

Unlike us:

- God does not ration strength
- God does not run low
- God does not get fatigued

Supporting Scripture:

Psalm 73:26 (NLT): “My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever.”

Discussion Questions:

1. How does knowing God never gets tired change how you pray?
2. Why do we often stop praying when we are most tired?
3. What does it mean for God to be the strength of your heart?

SECTION III – WAITING THAT WORKS (Isaiah 40:31)

“Those who trust in the Lord will find new strength...”

Teaching Insight:

Waiting is not inactivity—it is dependence.

Waiting means:

- You stop forcing outcomes
- You stop carrying what God promised to handle
- You stay connected while God renews you

Supporting Scripture:

2 Corinthians 4:16 (NLT): “Though our bodies are dying, our spirits are being renewed every day.”

Group Reflection:

God renews internally before He changes things externally.

Discussion Questions:

1. What makes waiting hard for believers?
2. How can waiting actually strengthen faith?
3. What are some signs that God is renewing you even if circumstances haven't changed?

SECTION IV – STRENGTH FOR THE LONG WALK (Galatians 6:9)

“Don't get tired of doing what is good...”

Teaching Insight:

Sometimes the miracle is not flying—it's finishing.

God gives:

- Soaring strength for vision
- Running strength for urgency
- Walking strength for endurance

Key Line:

Walking strength is still winning strength.

Discussion Questions:

1. What does “walking and not fainting” look like in daily life?
2. Why is consistency more important than intensity?
3. Where do you need endurance more than excitement?

CLOSING EXERCISE (5 MINUTES)

Guided Prayer:

Invite participants to silently name:

- One area of weariness
- One place they need renewed strength
- One reason they're still trusting God

Corporate Declaration:

“The Lord is renewing my strength—even now.”

TAKE-HOME APPLICATION

This Week's Practice:

- Rest without guilt
- Pray honestly
- Keep walking faithfully

God does not just strengthen us for moments—He strengthens us for the long walk of faith.