

**S.O.A.P. Bible Study**  
**“Strength”**

**S=Scripture:** Isaiah 40:27-31

**O=Observation:** After reading the text carefully, answer the following questions: Why would even the youth be weary among God’s people? Who receives from the Lord? What does it mean to wait upon the Lord? From what you know about the length and conditions of the exile in Babylon, why would it be difficult to wait? What do you notice about the progression on these verses? Why the move from soar to run to walk?

**A=Application:** How is the phrase “wait upon the Lord” applicable to your own life? If walking is the usual spiritual condition of the challenge of leading your life, what do you need to ask God for to keep walking the walk of faith?

**P=Prayer:** Write out a prayer which expresses both gratitude to God for what he has done to show himself (“Here is your God”) and also confess your temptations to skepticism and cynicism.