Facing Adversity 4	
Isaiah 40:30-31	
Pastor Jim Chang	
Even youths shall faint and be weary,	
and young men shall fall exhausted;	
but they who wait for the Lord shall renew their strength;	
they shall mount up with wings like eagles;	
they shall run and not be weary;	
they shall walk and not faint.	
Isaiah 40:30-31	
Discussion Questions:	
1.On a scale of 1 to 10, where are you in terms of your patience	
towards others or life in SIP? 1 is "get me out of here" and 10 is	
"I am loving every moment of this!"	
What are some things that are weighing on you lately? How are you dealing with them and what are the results you are getting?	
3. Have focusing on God helped you overcome some past	
struggles? If so, please share these stories.	
4. What are some things that are stopping you from having quiet	
time with God? What are your plans to remove these obstacles	
so you can focus on God?	
Next Step:	
1. Recognize it's okay to feel tired and weary	

- 2. Surrender yourself to God's presence and find refuge in Him
- 3. Being patient in your daily life to allow $\operatorname{\mathsf{God}}$ to work out $\operatorname{\mathsf{His}}$ timeline while you gain strength through your time with Him