

## **Wait**

### **Ready:**

“But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.”

-Isaiah 40:31 (NLT)

### **Set**

Wait. One of the worst words in the English language, isn't it? That's where I am right now. Waiting. It's my senior volleyball season, and I've been out with a shoulder injury for over a week. There's nothing I can really do but wait. Wait for recovery. Wait for my doctor's appointment. Wait for my trainer to clear me to play.

For me, all the waiting does is make me think about my injury, stress about missing games, and get anxious to play. I'm so tired of all this waiting! Are you? What are you waiting on? Waiting for a shoulder to heal might be trivial compared to what's on your mind. A doctor's diagnosis. A job offer. A way to pay the bills.

Is all this waiting making you tired? It shouldn't be. Isaiah says “those who wait on the Lord will find new strength.” Are you feeling weak? Other translations substitute “wait” for the word “hope.” Where is your hope? If you're tired and weary, put your hope in the Lord. Wait on Him. Isaiah said that if you do, not only will you find strength, but you'll also be able to soar over those circumstances that at one point held you down.

### **Go**

1. What are you waiting for? More importantly, WHO are you waiting on? Is it the Lord?
2. When circumstances wear you out, where do you turn? Does that outlet rejuvenate you or make you tired?
3. What is making you weary that you can give to the Lord today?

### **Workout**

Psalm 43:4-5

Proverbs 3:5-6

Philippians 4:6

### **Bible Reference:**

Philippians 4



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/wait>