

## DISCUSSION QUESTIONS

Open your group with a prayer. Use this sheet as a guide; select the points you want to discuss.

### GETTING STARTED

1. What have you said (or would you say) to someone needing comfort? Did it help or hurt?

### DIGGING DEEPER

2. Read Isaiah 40:1-2. Israel had sinned resulting in exile. What is God's response to their sin? How does it compare with 1John 1:8-2:2. How is this comforting?
3. Spiritually, Israel was in the wilderness. How did John the Baptist fulfill the prophecy of vv. 3-5?
4. Why is the humbling of vv.6-8 necessary?
5. How does the greatness of God's Word in v.8 relate to Matthew 24:35?
6. Read 40:12-17, 21-26 and point out the ways God is great. Which are most impressive to you?
7. Which of the above verses help when you're tempted

to think the world is bigger than God? Or when you feel too small for God to care?

8. Read Philippians 4:13. How does this relate to v.29 "giving strength to the weary?"

### LIVING IT OUT

9. How do vv. 27-31 personally encourage you to seek God when feeling weary?
10. In what current situation do you find yourself repeating Israel's complaint in v.27? Why do you think that?
11. In your experience, have you noticed the different ways God strengthens as sometimes to "soar, run, and walk?" To what situations would you liken each?

### CHANGING YOUR MIND

"But those who hope in the Lord will renew their strength."

- Isaiah 40:31a

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