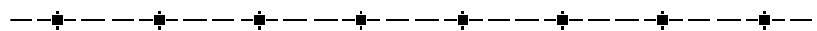


# Old Testament

Mission Arlington • Mission Metroplex Curriculum • 2010

# Through the Old Testament in Two Years

## Part Two



Created for use with young, unchurched learners  
Adaptable for all ages including adults

# Old Testament

## Strength for the Weary

Isaiah 40:28-31

## Memory Verse

We don't give up... our spirits  
are being renewed  
day by day.  
(II Corinthians 4:16 NIV)

## Goals

1. Understand that Isaiah's message was a message of hope.
2. Recognize that God gives strength to the weak.
3. Learn that we can pray to God anytime.
4. Understand that God wants us to go to Him for help.

Last week we learned that Israel would be taken captive. God wanted Israel to be comforted. He sent Isaiah to tell the people about John the Baptist. God wanted Israel to understand that His Word will stand forever. Isaiah also told Israel that God is the Creator of everything. His message was one of hope.

## Read the Bible

**READ: Isaiah 40:28-31 (Hold your Bible open throughout the story.)**

## Begin with Prayer

Isaiah continued speaking the message of hope that God gave him. God is the Creator who made all things. God lives forever. We can depend on Him. King David wrote in Psalm 25 that those who put their trust in God will never be put to shame. (Psalm 25:3) God does not get tired like we do. (Psalm 121; Isaiah 40:28) We can call on Him day or night. We can cry out to Him all the time. He will hear us. (Psalm 92:1)

Isaiah told the people that God would give them strength when they were tired. (Isaiah 40:29) King David said, "He satisfies me with the good things I long for. Then I feel young and strong again, just like an eagle. (Psalm 103:5)

Isaiah said that God gives strength to the weak. (Isaiah 40:29) He went on to say that young people get tired and worn out. Sometimes they trip and fall. Young people are supposed to have strength. But their bodies get tired, too. (Isaiah 40:30) If you have ever run in a race or watched a race, you know this is true. King David said, "When I called out to you, you answered me. You made me strong and brave." (Psalm 138:3)

We can call out to God. His line is never busy. You will never have to ask for technical support. You can go directly to Him. God wants us to go to Him. He says, "Call out to me. I will answer you." (Jeremiah 33:3)

Isaiah declared that "those who trust in the Lord will receive new strength." (Isaiah 40:31) Have you ever run in a race? If you have ever been a runner you know that when you run a race you get a second wind. It is as if you have new strength. Isaiah affirmed that the same happens to those who trust God. Those who put their faith in God will have new vigor or strength. Those whose faith is in God will feel His

### Strength for the Weary – Bible Facts

1. Those who trust in God will never be put to shame
2. God does not get tired. We can talk to God anytime.
3. Isaiah said the weak would be given strength.
4. God gives strength to the weak.

power give them more strength. (Isaiah 40:31)

That is not to say that we will not get tired. But when we do get tired, “We don't give up... our spirits are being renewed day by day.” (II Corinthians 4:16 NIV)

Isaiah stated that those who wait on God, “will fly as high as eagles.” (Isaiah 40:31 NIV)

King David said, “There is something I am still sure of. I will see the Lord's goodness while I'm still alive. Wait for the Lord. Be strong and don't lose hope. Wait for the Lord.” (Psalm 27:13 NIV) Jesus encouraged His disciples to “always pray and not give up.” (Luke 18:1 NIV) We can trust that God will renew our strength, too.

### Review

1. **What did David say about those who trust in God?** (Those who trust in God will never be put to shame.)
2. **When can we call to God?** (God does not get tired. We talk call to God anytime. )
3. **Whom did Isaiah say would be given strength?** (Isaiah said the weak would be given strength.)
4. **Who gives strength to the weak?** (God gives strength to the weak.)

### Do You Know Jesus?

God sent His only Son to die in our place. Jesus died on the cross. He died for our sins. But Jesus rose from the dead. When we are sorry for our sins, we can ask God to forgive us. He will. (I John 1:9) If we invite Jesus to be a part of our lives, He will come and live with us forever. (Romans 10:9-10) If you would like to know more, talk to your teacher about it.

### Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to die for our sins.
3. Ask God to give you strength when you are weak.
4. Pray for friends and family members who need God's strength.

### Application

Isaiah's message was a message of hope. He told Israel that God gives strength to the weak. Those who wait on God will receive new strength. The Bible teaches us that we can pray to God anytime and that God wants us to go to Him for help.

### Planning for Next Week

### The Servant Lord — Isaiah 42

# Preschool Lesson

## Read the Bible

**READ: Isaiah 40:28-31 (Hold your Bible open throughout the story.)**

**Teachers:** Make kites and decorate them with eagles.

Isaiah continues speaking the message of hope that God gave him. God is the Creator who made all things. God lives forever. We can depend on Him.

Have you ever felt bad? Have you gotten sick? You can go to mom and dad anytime. You can tell them you don't feel good. It doesn't matter what time it is. We can do the same with God. We can call on Him day or night. We can cry out to Him any time. He will hear us. (Psalm 92:1)

As human beings we all get tired. Do you get tired? Do your mom and dad get tired? God does not get tired like we do. (Psalm 121; Isaiah 40:28)

Isaiah told the people that God would give them strength when they were tired. (Isaiah 40:29) King David said, "He satisfies me with the good things I long for. Then I feel young and strong again, just like an eagle. (Psalm 103:5)

Isaiah said that God gives strength to the weak. (Isaiah 40:29) He went on to say that young people get tired and worn out. Sometimes they trip and fall. Young people are supposed to have strength. But their bodies get tired, too. (Isaiah 40:30)

We can call out to God. His line is never busy. God wants us to go to Him. "Call out to me. I will answer you." (Jeremiah 33:3)

Isaiah declared that "those who trust in the Lord will receive new strength." (Isaiah 40:31)

### Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus die for our sins.
3. Ask God to give you strength when you are weak.

### Memory verse for younger children

We don't give up... [God renews us]. II Corinthians 4:16

## Learning Activities

**Memory verse activity** — Cut out heart shapes. Write the Bible verse on the heart. Cut the heart in to puzzle pieces.

**Test your memory** — Bring barbells or weights. Let the children carry the weights.

**Taste activity** — If possible bring Eagle Brand® snacks.

Make candy with Eagle Brand® milk.

**Think about it**— Isaiah preached a message of hope. Talk about how God sends us just what we need when we need it.

God promises to renew our strength. Talk about how God does that in your life.

•**Touch activity** — Make eagles wings from paper bags. Tie them on with ribbon.

Draw eagles on Frisbees. Throw the Frisbees.

Make kites and decorate them with eagles.

• **Run and play** — Ask the children to pretend to be eagles flying high.

Run a race. Ask the children to line up by age.

•**Listen** — As the children take time for silence, remind them that God wants us to allow Him to give us new strength.

•**Sing** — Sing “Those That Wait Upon the Lord,” “or another song related to the story.

•**Reach out** — During class, pray (by name) for kids who did not come today. Ask the children to go with you to deliver the handouts to those who were absent. Take the heart puzzle with the Bible verse for them. Pray with the children who were absent. Encourage them to read the story in the Bible.

Memory Verse

We don't  
give up...  
our spirits  
are being  
renewed  
day by day.

II Corinthians 4:16

## Word Puzzle

# Trace the letters.

God

promises

to renew

our

strength

## Word Search

N B T S K M H L K P C B D T P  
D R O L E W S D O B D N R C D  
T C N G N C P B E R Y O L E P  
C N H O W R P S E A F N H S E  
G C C D A E A H G N U O Y M I  
R B P Y H U N S N F N A H R K  
H B C S W E L E O N G I T F C  
T D N K H E T L R E F T I R I  
G D K A E W S P T H T I A F T  
N E B C I D U D S K L A F E M  
E R R T F A R R G F T B O P R  
R I H C P K T B D N M R R S N  
T T E L G A E S R E G C K D H  
S D C H B D C W B H E N K M S

LORD  
STRENGTH  
TIRED  
RENEW

GOD  
EAGLE  
YOUNG  
TRUST

PRAY  
WEAK  
STRONG  
FAITH

# Word Search



LORD  
STRENGTH  
TIRED  
RENEW

GOD  
EAGLE  
YOUNG  
TRUST

PRAY  
WEAK  
STRONG  
FAITH

## Word Search

P S M R G N B D L F L J  
R D G O D B L M P H V Z  
C W S N D G R F D L D F  
H D P R A Y P F C B R D  
L K F H S P R S F K P D  
N R L O R D P G F R P B  
H G B L R N K T P R B F  
P S E A G L E N G T R N  
V B R C G N F B R T F D  
S G W E A K G C V F V T  
M B N M D R H T S B M D  
R S T R O N G Y F G R S

LORD

GOD

PRAY

EAGLE

WEAK

STRONG

## Word Search

P S M R G N B D L F L J  
R D **G O D** B L M P H V Z  
C W S N D G R F D L D F  
H D **P R A Y** P F C B R D  
L K F H S P R S F K P D  
N R **L O R D** P G F R P B  
H G B L R N K T P R B F  
P S **E A G L E** N G T R N  
V B R C G N F B R T F D  
S G **W E A K** G C V F V T  
M B N M D R H T S B M D  
R **S T R O N G** Y F G R S

LORD

GOD

PRAY

EAGLE

WEAK

STRONG

# Anagram

N'TDO

EGVI PU

PTSSIIR

WDEEERN

AYD

THNNSROIAC

IIAASH

NWEER

RNTTHESG

# Anagram

DON'T

GIVE UP

SPIRITS

RENEWED

DAY

CORINTHIANS

ISAIAH

RENEW

STRENGTH