



Union Baptist Church of Cincinnati  
405 West Seventh Street  
Cincinnati, OH 45203  
(513) 381-3858  
[www.union-baptist.net](http://www.union-baptist.net)  
Rev. Dr. Orlando Yates, Pastor

## NEW STRENGTH

***“But those who trust in the LORD will renew their strength; they  
Will soar on wings like eagles; they will run and not grow  
Weary; they will walk and not faint.”  
Isaiah 40:31 (HCSB)***

**At times you may feel so worn out and stressed that you are not sure you can take another step.** You may seem to spend all your time running from crisis to crisis and to be constantly giving your time and energy to others. Your Lord wants to renew your strength and enable you to enjoy the abundant life He intends for you. **The key is to wait upon Him to do so.**

**Our generation does not enjoy waiting. We rush through our lives without stopping to evaluate our activities.** Part of God’s restorative process is to slow us down and make us listen to Him. As we wait on Him, God will remind us of our utter dependence upon His strength. When we slow down and seek His will, He will reveal His plans.

**Biblically, waiting on the Lord is never passive; it is always active. Waiting requires us to cease our own pursuits and give God our complete attention.** We may have to give up some of the activities we have allowed to inundate our lives. We may need to take an entire day to sit quietly before the Lord. **If we ask Him, God will show us the resources He has provided to help with the work we have been attempting on our own.** God may address feelings of guilt that have motivated us to do things that He has not asked us to do. **Jesus carried more responsibility than you do. More people needed Him than will ever need you. Yet He was never overwhelmed or inadequate for the task.** Now Christ offers to guide you so that you will fulfill your heavenly Father’s will and gain the strength necessary for each day. **(Matt. 1:28). AMEN.**

Drs. Henry and Richard Blackaby

*“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.” Matthew 28:18 – 20*

