

**Balance a spoon on your nose.**

**Name 15 NBA teams in 15 seconds.**

**Do 10 push-ups in 10 seconds.**

**Recite the alphabet backwards.**

**Hold a plank for a minute.**

**Touch the ceiling. (No jumping off furniture!)**

**Hop on one foot while spinning in a circle.**

**List 8 Marvel superheroes in 8 seconds.**

**Snap your fingers 25 times in 10 seconds.**

**Name all the continents in 8 seconds.**

**Do the Macarena dance without music.**

**Balance on one foot with your eyes closed for 30 seconds.**

**Spell impossible backwards, out loud, without mistakes!**

**Count backwards from 50 to 0, in 30 seconds!**

**Draw a star with your non-dominant hand.**

**Say, "Red Lorry, Yellow Lorry" five times fast!**

What kind of strength do you think is being talked about here?

Who is "they"?

Does this mean you will never get tired at track practice? What might God be promising here?

What part of this verse stands out to you the most? Why?

**ISAIAH 40:31**

But **those** who trust in the Lord will receive new strength.

**They** will fly as high as eagles.

**They** will run and not get tired.

**They** will walk and not grow weak.

What does it mean to trust God?

Why do you think this verse compares us to eagles?

When do you feel weak? How can God's Spirit help you keep going?

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## ISAIAH 40:31

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

**They will soar on wings like eagles;**

**they will run and not grow weary,**

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