

Be Still...
The Power of the Pause
November 2, 2025
Heartland Christian Center
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Isaiah 40:28-31 *“Have you not known? Have you not heard? The everlasting God, the Lord, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”*

1. RECOGNIZE

“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary...” (v. 28)

- The pause begins with reorienting our PERSPECTIVE
- Pausing isn't surrender to WEAKNESS; it's surrender to His STRENGTH.

2. RECEIVE

“He gives power to the faint, and to him who has no might he increases strength...” (v.29)

- The pause is a divine exchange: our EMPTINESS for His EMPOWERMENT
- Rest isn't the reward for work; it's the RESOURCE for it.

3. RISE

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles..."
(v.31a)

- The pause positions us for God's UPLIFT.

4. RUN

“...they shall run and not be weary; they shall walk and not faint.” (v.31b)

- The fruit of the pause is SUSTAINED STAMINA
- Pausing means that I can have MOVEMENT without MISERY
- Pausing now prevents FAINTING later.

NOTES: _____

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