

# Renewal Beyond Sunday

Sunday February 1, 2026

Series: RESET

Isaiah 40:28-30 (NLT) Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. <sup>29</sup> He gives power to the weak and strength to the powerless. <sup>30</sup> Even youths will become weak and tired, and young men will fall in exhaustion. <sup>31</sup> But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

**Introduction:** There was a man, no name, no spotlight. Just an ordinary person doing life.

He showed up, handled responsibilities, came to church. From the outside, everything looked fine.

But inside, he felt tired. Not the kind of tired that sleep fixes. Not the kind that a vacation solves. It was the kind of weariness that settles deep in the soul.

One evening his phone started freezing, slow, unresponsive. Then a message appeared on the screen: "iPhone Storage Almost Full."

The phone wasn't broken. It was just too full to function the way it was designed.

And he realized, that's how he felt. Not broken. Just full. Full of pressure. Full of responsibilities. Full of noise and running on empty where it mattered most.

Isaiah speaks to people like that: "He gives power to the weak and strength to the powerless... Even the young grow weary and tired." (Isaiah 40:29-30)

Fatigue isn't failure, it's human.

But then comes the promise: "Those who trust in the LORD will find new strength." (v.31)

Isaiah 40 is God's invitation to a spiritual reset, a renewal, not by trying harder, but by trusting the everlasting God who gives strength to the weak.

## 1. God Desires for us to Be Spiritually Alive

God never designed us to live spiritually drained, barely surviving, or running on empty. He designed us to be alive.

Being spiritually alive means our relationship with God is more than routine; it's responsive. We're not just going through spiritual motions; we're walking in connection with Him.

When we are spiritually alive:

- Joy begins to replace heaviness
- Peace settles our hearts instead of constant striving

- Obedience flows from love rather than obligation
- Passion for God returns where spiritual dryness once remained
- Sensitivity to the Holy Spirit increases, and His guidance becomes clear

**But here's the tension:** many of us have tried to fix spiritual exhaustion by doing more, trying harder, or pushing through.

Scripture shows us something different. Renewal doesn't come from effort; it comes from empowerment.

## 2. The Holy Spirit Is the One Who Resets Us

Isaiah 40:29 (AMPC) **He gives power** to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound].

When we return to God and wait on Him, the Holy Spirit resets and empowers our lives.

We see this clearly in the lives of the apostles.

When they walked with Jesus, they were bold and confident. They confronted demons with courage, healed the sick and preached the gospel of the kingdom with authority. They were ready to take the message to the world.

But then everything changed. Jesus was crucified. Their confidence was drained, and their hope for the future was shattered and they hid behind locked doors.

Three days later, Jesus rose from the grave. And before ascending into heaven, fully aware of their weak and fragile state, He told them to wait in Jerusalem until they were clothed with power from the Holy Spirit. (Acts 1:8)

The issue wasn't their calling. It wasn't their gifting. It wasn't their mission. The issue was their strength.

Pentecost became their reset moment, not an adjustment but an upgrade. God didn't just restore them; He transformed them from the inside out.

When the Spirit filled them, everything changed. Their courage returned. Their faith was renewed. Their weakness became a doorway for God's power.

When the Spirit fills us, renewal happens:

- Our faiths move from routine to relationship

- Fear loosens its grip and freedom rises
- Hunger for God returns, not just for what he gives, but for who He is.
- Purpose and Direction become clear again

God doesn't reset us by pushing us harder; He renews us by filling us again.

So, the question becomes: what positions us to receive that reset?

### 3. God Responds When We Seek Him

Isaiah 40:31 (AMP) But those who wait for the LORD [who expect, look for, and hope in Him] Will gain new strength and renew their power.

Scripture consistently teaches us this principle:

- "You will seek Me and find Me when you seek Me with all your heart." Jer 29:13
- "I love all who love me. Those who search will surely find me." Prov 8:17
- The LORD is good to those who depend on him, to those who search for him. (Lam 3:25)
- "Seek Me [search diligently for Me and regard Me as more essential than food] so that you may live. Amos 5:4 (AMP)

God honors hunger. He responds to pursuit. He shows up where He is wanted.

But many believers live with this frustration: I've experienced renewal before... so why do I feel dry again?

Because God never intended reset to be a one-time event. He designed it to become a rhythm that keeps us spiritually alive long after the moment passes.

### 4. A Reset That Lasts Beyond Sunday

Real renewal lasts when it becomes a daily posture of surrender and dependence on the Holy Spirit.

**Reset and renewal happens when...**

**a) We Stop Striving and Start Surrendering**

Restoration begins when we stop trying to fix ourselves and admit our need.

**b) Make room for God**

Waiting on the Lord is not inactivity, it's intentional space. It's choosing stillness over constant activity. It's turning off the noise to tune into His voice. We can't be filled if there is no room.

**c) We pursue God for His presence**

The Holy Spirit revives hearts that want God, not just results.

**d) We ask to be filled again**

Being filled with the Spirit is not a one-time experience.

Ephesians 5:18 (AMP)...be filled with the [Holy] Spirit and constantly guided by Him.

We must learn to invite the Holy Spirit to lead, guide, and empower us each day, praying, "Fill me afresh today," and depending on His strength rather than living on yesterday's encounters.

**e) We Stay in Rhythm, Not Just in Moments**

- We are called to daily prayer, not just Sunday encounters
- Ongoing repentance, not occasional reflection
- Continual pursuit, not spiritual coasting.

What God resets in a moment, He sustains through rhythm.

**Conclusion:** God is not calling us to work harder; He is inviting us to repent, be renewed, and be refilled, to live from the strength He freely gives.

Remember the words of Jesus to the church in Ephesus. They were faithful and hardworking, yet they had drifted from their first love. He didn't tell them to do more. He simply called them to repent, to come back to what mattered most: spending time with Him.

May we pray as the psalmist prayed when he found himself in a place of dryness and darkness; honest, humble, and hungry for renewal.

Psalm 51:12 (NLT) Restore to me the joy of your salvation and make me willing to obey you.

Restoration and revival are God resetting the heart, bringing us back to life.

Today, God is offering a spiritual reset. Let's invite the Holy Spirit to reset our hearts, restore our passion, and realign our lives, starting today.