

Even youths grow tired and weary, and young men stumble and fall; 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, they will walk and not be faint.

Isaiah 40:30-31



## Factor #1: The Friction Factor

Do I sense friction in my relationship with the Lord?



Dear friends, if our hearts do not condemn us, we have confidence before God and receive from Him anything we ask, because we obey his commands and do what pleases him.

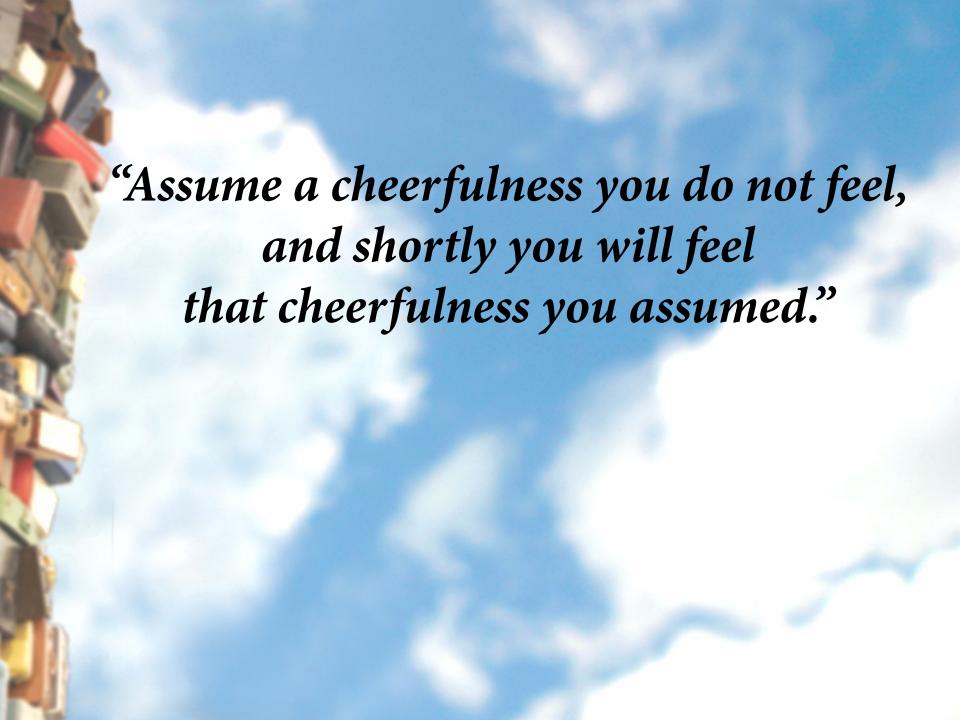
1 John 3:21-22





## Factor #2: The Feeling Factor

Am I waiting for a change in my feelings to bring about a change in my attitude?





Factor #3: The Friendship Factor

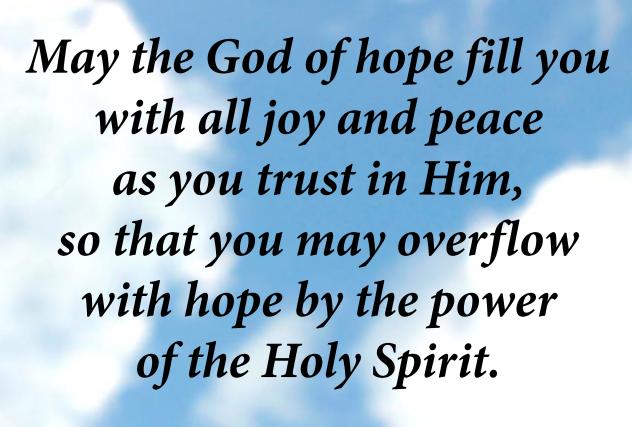
Am I spending enough time with people who fill my tank or solely with people and situations that drain me?

...we were harassed at every turn conflicts on the outside, fears within. But God, who comforts the downcast, comforted us by the coming of Titus. 2 Corinthians 7:5-6



**Factor #4: The Focus Factor** 

Am I more focused on my hope or on my hurt?



**Romans 15:13** 



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