

# Riverside Church of God in Christ

## Sunday School on the Run – Student Guide

Lesson Date: March 15, 2026

**Lesson Theme:** When God Calls You to Wait

### **Key Scriptures (KJV):**

Isaiah 40:31; Acts 1:4–5

### **Lesson Summary:**

This lesson explores the spiritual discipline of waiting on the Lord. Isaiah teaches that those who wait upon the Lord will renew their strength and gain endurance for life's journey. In the New Testament, Jesus instructed His disciples to wait in Jerusalem for the promise of the Father before beginning their mission. Waiting is not wasted time; it is a period where God strengthens faith, prepares believers, and aligns circumstances for His divine purpose.

### **Lesson Objectives:**

- Understand the biblical meaning of waiting on the Lord.
- Recognize that waiting seasons often prepare believers for future responsibilities.
- Identify how patience strengthens faith and spiritual maturity.
- Apply biblical principles for trusting God's timing in daily life.

### **Key Teaching Points:**

- Waiting on the Lord renews spiritual strength.
- God's timing is often different from human expectations.
- Preparation often happens during seasons of waiting.
- Faith remains active through prayer, study, and obedience.
- Patience allows God's purposes to unfold at the right moment.

### **Life Application:**

Believers are encouraged to trust God during seasons when answers seem delayed. Instead of becoming discouraged, waiting can become a time of spiritual growth. Prayer, meditation on Scripture, and faithful service help maintain trust while God works behind the scenes to accomplish His plan.

**Reflection Questions:**

- What does it mean to wait upon the Lord in practical terms?
- How can waiting strengthen faith rather than weaken it?
- What biblical examples show the value of patience?
- How can you remain spiritually active during seasons of waiting?

**Memory Verse:**

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:31, KJV)