

## *Old Testament Reading*

*He gives strength.*

**A reading from the prophet Isaiah**

40:28-31

**D**o you not know or have you not heard? The Lord is the eternal God, creator of the ends of the earth. He does not faint nor grow weary, and his knowledge is beyond scrutiny. He gives strength to the fainting; for the weak he makes vigor abound.

Though young people faint and grow weary, and youths stagger and fall, they that hope in the Lord will renew their strength, they will soar as with eagles' wings; they will run and not grow weary, walk and not grow faint.

The word of the Lord.

**R.** *Thanks be to God.*