

## SERMON OUTLINE

**SERMON TITLE:** How to Handle Stress

**SERMON REFERENCE:** Isaiah 40:28-31

**LWF SERMON NUMBER:** #2205

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1) INTRODUCTION

- a) Most Americans are emotionally fatigued, physically drained and spiritually defeated.
  - i) The problem is stress.
    - (1) Many of us feel like we are the chief rat in the rat race.
    - (2) There is too much to do and not enough time in which to do it.
- b) There is hope, and it's found in the pages of God's Word.
- c) Isaiah 40:28-31
  - i) God never tires; He is never perplexed.
  - ii) Even the young are not immune to stress.
  - iii) The Bible tells us that those who wait upon the Lord shall renew their strength and will soar on wings as eagles.

2) THE PROBLEM OF STRESS (ISAIAH 40:28-29)

- a) In these verses in Isaiah, two categories of persons are mentioned.
  - i) One is Almighty God.
    - (1) He is the omnipotent, all-knowing, sovereign God.
      - (a) Isaiah 40:28
      - (2) He is immortal, invisible, most glorious, almighty and victorious.
      - (3) There is not another like Him.
    - ii) The other is the rest of us.
      - (1) Isaiah 40:29
  - b) Stress is that gap between the demands that are placed upon us and our ability to meet those demands.
    - i) On one side are the responsibilities, necessities, demands and opportunities of life.
      - (1) These are all the things we want to do, desire to do, should do and ought to do.
    - ii) On the other side are our inabilities, weaknesses, sinfulness, lack of knowledge and our faults.
    - iii) In between is a gap; it is the stress factor.
      - (1) This is the chasm between the "ought to's" and "cant's" that seem to overwhelm us.
  - c) All of us are vulnerable to stress.
    - i) Stress affects all age groups and every walk of life.
  - d) When we are stressed, we are especially vulnerable to the attacks of the devil.
    - i) Deuteronomy 25:16-17
      - (1) King Amalek attacked those who were weak and worn.
    - ii) We are more prone to arguments and irritations when we are stressed.

3) THE PROVISION OF SUFFICIENCY (ISAIAH 40:31)

- a) God has provided for us sufficiency.

- i) It is not a sin to be stressed, but it is a sin for us to not avail ourselves of help that is available.
- b) God has given us three distinct promises:
  - i) To fly in the rugged times of life.
    - (1) Isaiah 40:31
    - (2) The Lord uses the eagle as an example.
      - (a) The eagle loves the storm.
      - (b) The eagle waits for the storm; and as the winds and thermal drafts rise, he steps off his perch and begins to soar.
      - (c) The faster the winds blow, the higher the eagle rises and soars upon the winds.
    - (3) All of us know storms and adversity, and we need to learn the lesson that the eagle has taught us.
      - (a) The eagle has learned that what causes others dismay is somehow a blessing to him.
        - (i) The eagle could not fly as high if it were not for the storm.
        - (ii) Since he can fly higher in the storm, he can also see further.
        - (iii) He can fly faster.
      - (b) This is something that the eagle must be taught, and neither he nor us may like the flying lessons.
        - (i) Deuteronomy 32:11
          - 1. As an eagle flutters over her eaglets in the nest, she makes the nest a little uncomfortable.
          - 2. She nudges the eaglets out of the nest to teach them to fly.
        - (ii) Sometimes we think God is cruel when God is kind.
          - 1. Sometimes we cannot tell what is happening by outward appearances.
          - 2. Sometimes the storms of life that come to us may be the very things that God is using to deliver us, to help us, and to cause us to rise higher.
  - ii) To run in the rush of life.
    - (1) Isaiah 40:31
    - (2) These are not storms but deadlines.
      - (a) These are things we need to get done, and we don't seem to have enough time to get them done.
    - (3) There is enough time in every day to do everything God wants us to do.
      - (a) We shouldn't insult God by saying that we don't have enough time, but sometimes we have to run to get it done.
        - (i) Acts 8:29
    - (4) Sometimes we wake up running because Satan, like a roaring lion, is on our trail.
    - (5) There are also opportunities in life that we rush to catch and to meet.
  - iii) To walk in the routine of life.

- (1) Isaiah 40:31
  - (2) God will give us strength to walk in the routine times of life.
    - (a) Most of us have the most trouble in the routine times of life.
    - (b) It's in the routine of life where most of us fail.
  - (3) It is most important to learn to walk in the routine of life because this is where we live most of the time: in the routine of life.
    - (a) It's one thing to fly like an eagle or to surge like an athlete, but it's another to stick and to stay day by day.
    - (b) We serve God by flying in the hard times and running in the happy times, but we also need to walk day by day in the regular humdrum times of life.
  - (4) The great need we have is day-by-day faithfulness in the little things; to walk and not faint.
  - (5) Deuteronomy 33:25
    - (a) The children of Israel went from Egypt to Canaan by walking one step at a time.
      - (i) There were rivers, valley, mountains and difficulties, but they had to walk.
  - (6) The book of Ephesians mentions seven times that the Christian life is a walk.
  - (7) Victory is all day every day, good days and bad days, walking the Christian life.
    - (a) Getting breakfast in the morning, dressing the children, going to work, cleaning the house, taking the garbage out, daily Bible study, quiet time, prayer, visiting the sick, being kind to your spouse, etc.
    - (b) If we can live the Christian life at home, then we can live the Christian life anywhere.
  - c) God provides for us so that we can do the following:
    - i) In times of adversity, we soar like an eagle.
    - ii) In times of opportunity, we run like an athlete.
    - iii) In times of necessity, we keep walking day by day.
      - (1) We need to learn endurance.
- 4) THE PROMISE OF STRENGTH (ISAIAH 40:31)
- a) The promise has a provision that we must wait upon the Lord.
  - b) The Hebrew word for "renew" means to "change" or "exchange."
    - i) The Christian life is not only a changed life, but also an exchanged life.
      - (1) We give Him our weaknesses, and He gives us His strength.
    - ii) Ephesians 6:1
    - iii) Galatians 2:20
  - c) In order to live this exchanged life, we are to wait upon the Lord.
    - i) Waiting does not mean simply sitting and doing nothing; it does not mean inactivity.

- ii) In order to get the strength to fly like an eagle, to run like an athlete, and to walk day by day, we must wait upon the Lord.
  - (1) Waiting is the key to the whole thing.
- d) What does it mean to wait upon the Lord?
  - i) We must desire Him.
    - (1) Psalm 62:1
      - (a) When David wrote this Psalm, he was in a time of stress and distress; and he knew that only God could satisfy his deepest need.
      - (2) If we want relief without wanting God, then we are not waiting upon the Lord.
  - ii) We must listen to Him.
    - (1) Proverbs 8:34
      - (a) We wait for the instruction of the Lord; we wait expecting to hear from the Lord.
      - (b) This is about quiet time.
        - (i) There must be a quiet time; alone with God and watching daily at His gates.
      - (2) Can God get your attention?
        - (a) We must be tuned in to God.
    - iii) We must look to Him.
      - (1) Psalm 104:27
      - (2) Do you believe that God will take care of you?
        - (a) Just like the animals in the forest look to God to give them their food in due season, we must look to God.
      - (3) Do you truly believe that God can meet your needs?
        - (a) Do you look to God, or are you looking somewhere else?
    - iv) We must live for Him.
      - (1) Proverbs 27:18
      - (2) When we wait upon the Lord, we are here to serve Him.
        - (a) Just as a waiter or waitress in a restaurant “wait” upon their customers, we “wait” upon the Lord.
        - (b) If we are not serving Him, then why should God give us more strength to serve the devil?
  - e) If we will wait upon God, then He will renew our strength; and the gap of stress that lies between our responsibilities and our inabilities will be removed.
    - i) He will take our nothingness and infuse it with His almightiness when we learn to wait upon Him.

## 5) CONCLUSION

- a) Learning to wait upon the Lord begins with trusting Jesus as your personal Lord and Savior.
- b) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.

- c) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
  - i) Romans 3:23
  - ii) Romans 10:9-10
  - iii) Romans 10:13
  - iv) Acts 16:31
  - v) John 3:16