

TOO BLESSED TO BE STRESSED!

Isaiah 40:28-31

INTRODUCTION: In our modern society we think we are very sophisticated. We think we have greatly increased in knowledge. But when we truly analyze the true facts all we have really done is added speed and noise to our lives. Daniel 12:1-4. Yes, people are running to-and-fro, but the sad truth is although they are running to-and-fro they don't know where they are going. We specialize today in hurry, worry, and debt!

I. WHAT DOES THE BIBLE SAY ABOUT STRESS?

The section of Scripture we will study today was the inspiration for Handel's Messiah and the chapter of the Bible that put iron into the very blood of Martin Luther: Isaiah 40:28-31. The problem we have in our modern stress is that it disregards the very Word of God: Luke 11:40-42. That one thing that is needed is for each of us to stop stressing and to start listening to our Lord! Isaiah 40:29-30; 2 Corinthians 4:16-18.

II. THE PROBLEM OF STRESS!

The problem of stress is the gap between the demands we face and the strength we have to meet those demands. That relationship is called "the stress ratio." Even our Lord Jesus faced stress: John 4:4-6; Mark 5:25-34. Our Lord Jesus was not lazy but He did get weary! The difference between the demands that are placed upon us and the strength we have been given to meet those demands causes all of us stress.

III. THE BLESSINGS OF PRAYER!

In our times of stress we can look deeply within ourselves for the strength we need but often to no avail; or we can choose to look to our Lord and draw from His unlimited strength to meet our needs: Isaiah 40:31. That word "renew" used there actually means "exchanged." When we turn to the Lord for His strength we find: 2 Chronicles 16:9; Galatians 2:20. They that wait upon the Lord shall exchange their strength for the very strength of God! So we must learn how to wait upon the Lord. Psalm 27:13-14. Waiting on the Lord means we are pursuing our Lord: Psalm 62:1; Psalm 42:1-3; Jeremiah 29:11-13. Waiting on the Lord means listening to Him: Proverbs 8:34; Song of Solomon 8:14: The Lord Himself is calling us to a time of communion daily. Isaiah 66:2 as we long for Him and listen to Him and hear Him we will begin to look for Him in our situations: Psalm 104:24-28. If all God's creatures look to Him why is it that God's children do not look to Him to meet all their needs? Isaiah 40:31: As we learn to look for the Lord we will learn to live for our Lord: Proverbs 27:18. When a person chooses to serve the Lord, he will eat fruit from His Lord.

IV. GOD'S COURAGE IN YOUR LIFE!

Why does our God exchange His strength for our strength? Isaiah 40:31. Three things cause the stress in our lives. 1.) Adversity caused by the storms in our lives: 2.) Opportunity, or what we want to accomplish but are afraid it will get away from us. 3.) Obsession with the things we have to do day after day. The eagle rises on the storm. The storm is no threat to him. In a storm an eagle doubles its normal speed as it moves on the winds. James 1:2-4; Isaiah 40:31. Our God gives us not only elevation and acceleration, but He also gives us determination! Just being able to walk through this life in peace and fellowship with our God and our fellow man.