

# SOAR ABOVE STRESS

April 5, 2020

## Soar Above Stress

Series: "New Normal" part 2

Sunday, April 5, 2020

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**Isaiah 40: 28-31**— Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding. 29 He gives strength to the faint and strengthens the powerless. 30 Youths may become faint and weary, and young men stumble and fall,

### Times Of Stress Affect Us All...

- **Stress** = Weight, Strain, Anxiety

### What Symptoms Are Often Experienced In Stressful Times?

1. We feel **FAINT**
2. We feel WEARY
3. We feel POWERLESS

**Isaiah 7:9**— If you do not stand firm in your faith, then you will not stand at all.

**Romans 8:6**— Now the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace.

### Instructions to Soar over Stress from **Isaiah 40:31**.

**Isaiah 40:31**—but those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.

1. WAIT on the LORD

- Wait – Hebrew “qavah” meaning = o trust, to hope, to Bind together

**Psalms 27: 14**— Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!

## 2. **Waiting on the LORD strengthens you to...**

### I. FLY with FAITH over our Stress

- a. Faith in the Power of GOD, not your own Powerlessness. Vs. 28

### II. RUN with PURPOSE

- a. Turn OBSTACLES into OPPORTUNITIES

### III. WALK with CONSISTENCY

In his letter to the Ephesians Paul would say:

- *Walk worthy of your calling – 4:1*
- *Don't walk like unbelievers – 4:17*
- *Walk in love – 5:2*
- *Walk in the Light – 5:8*
- *Walk with Wisdom – 5:15*

## 3. **The SECRET to your STRENGTH**

- Renew – Hebrew “*chalupa*” meaning = Change of Clothes

[2 Corinthians 5:17](#)—“Therefore, if anyone is in Christ, he is a new creation...”

**2 Corinthians 12: 10**— “For when I am weak, then I am strong.”

- Give Him our WEAKNESS for His STRENGTH
- Give Him our PROBLEMS for His PEACE
- Give Him our HURT for His HEALING
- Give Him our SIN for His RIGHTEOUSNESS

### **The Big Take-Away:**

**Galatians 2: 20**— “I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me..”