

Series: Safe and Sound: Anchored in the Promises of God

Speaker: Pastor Mike Bryant

Scripture: Various Scriptures

Sermon: The Promise of God's Strength

Dig Deeper:

1. What are some common places where people find strength when they are worn out? Where do you find your strength?
2. What does it mean to find rest in Christ? How can a person find rest in Christ?
3. Is rest a regular part of your life?
4. What does it look like to honor the sabbath today?
5. What does it look like to have the joy of the Lord?
6. What are some things that might rob a Christian of their joy?
7. How can the joy of the Lord strengthen you?
8. What are some things you can do to *actively* wait upon the Lord?
9. What are some poor ways to wait; what are some healthy ways to wait?
10. What are some ways that God strengthens people in the midst of suffering?

Application:

11. Prioritize rest for one day a week. Be purposeful to protect that day for rest.
12. Put together a list of the things that have been robbing you of your joy of the Lord.
13. Throw a party for God to celebrate Him.
14. When you are weak this week, take time to purposely worship God.
15. Memorize one or more of the promises from today's message.

For further study:

16. Read Psalm 51: what role does the joy of the Lord play in this psalm of confession?
17. Read all of Isaiah 40, what was going on with Israel at the time of this encouragement to wait upon the Lord?
18. Read all of Psalm 73. What changes things for the palmist?