



# HOW TO REBOUND AFTER A LETDOWN

S E R M O N G U I D E

### No Limits with Pastor Delman

### How To Rebound After A Letdown

Isaiah 40:27-31

# **NOTES** INTRODUCTION As we close one year and prepare to step into another, many people are dealing with a deep sense of letdown...by jobs, by relationships, by diagnoses, by betrayals, and by unmet expectations. Some are tired, overwhelmed, fearful, and ready to give up. It is precisely in moments like this that Isaiah 40 speaks powerfully, showing God's people how to rebound after a letdown. **KEY POINTS** 1. Remember Our Covenant With God Verse 27 captures the despair of the people: "My way is hidden from the Lord, and my right is disregarded by my God." Trouble has a way of making us speak negatively about our situation and forget who God is. Isaiah uses covenant language ("Jacob" and "Israel") to remind them of their identity and their relationship with God. Even in exile, they were still God's covenant people. A covenant is a binding agreement between God and God's people. From Noah to Abraham to the New Covenant, God has always been faithful to His promises. By calling them Jacob and Israel, God reminds them that He is duty-bound to stay true to His word to bring them up, bring them out, and bring them into what He promised. Even in the midst of disappointment and defeat, God does not abandon His covenant. Our God is a covenant-making, covenant-keeping God. 2. Remember God's Résumé After reminding the people of their covenant relationship, Isaiah points them to God's résumé. "Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth." God is not limited by time. He is everlasting. He is not limited by space. He is the Creator of the ends of the earth. God is all-powerful. He does not faint or grow weary. And God is all-knowing. His understanding is unsearchable. Letdowns often cause us to magnify our problems and minimize our God. Isaiah invites the people to turn their focus away from their circumstances and back to the God who made them. To "magnify the Lord" means to make God large. When we remember God's track record, we are reminded that the same God who handled things then is capable of handling things now.

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3. Rely on God to Make a Way Isaiah closes with a familiar promise: "He gives power to the faint and strengthens the powerless but those who wait for the Lord shall renew their strength." The promise of renewal is not passive; it requires active waiting. Waiting on the Lord means trusting Him, relying on Him, and serving Him even when the outcome is unclear.	NOTES
God's power has not diminished, and His strength has not been compromised. If we want to rebound after a letdown, we must rely on God to make a way and wait on Him with faith, thanksgiving, praise, and trust.	

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### **QUESTIONS TO CONSIDER**

- 1. In what areas of your life do you most feel a sense of letdown right now, and how have those feelings impacted your faith?
- 2. Which part of God's résumé do you most need to remember in this season: His power, His presence, His timing, or His knowledge?

3.	What does "actively waiting on the Lord" look like for you as you move into this next chapter?