

## **ISAIAH 40:27-31** FROM WEARINESS TO REST

**Isaiah 40:27-31** – *“Why do you say, O Jacob, and speak, O Israel, “My way is hidden from the Lord, and my right is disregarded by my God”? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”*

**Advent** – *“a coming into place, view, or being; arrival”*

**Galatians 6:9** – *“And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”*

**2 Thessalonians 3:13** – *“As for you, brothers, do not grow weary in doing good.”*

**Because of his advent, Jesus our Savior brings us from weariness to rest.**

**Rest** – *“a restorative break from labor and worldly striving”*

**Matthew 11:28-30** – *“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

**A healthy disciple of Jesus is someone who is learning from Jesus the gospel rhythms of resting and running.**

**Proverbs 25:25** – *“Like cold water to a weary soul, so is good news from a distant land.” (NASB)*

**Good News for the Weary Soul:**

- 1. God does not faint or grow weary (v. 28)**
- 2. God delights in giving strength to the weary (v. 29)**

**Jeremiah 31:25** – *“For I will satisfy the weary soul, and every languishing soul I will replenish.”*

**Hannah Anderson** – *“Humility teaches us to find rest in confession. Rest from the need to hide, the need to be perfect. We rest by saying, both to God and others, “I am not enough. I need help.”*

**Hebrews 4:14-16** – *“Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”*

### **3. We can run from a place of rest rather than weariness (vv. 30-31)**

**Michael Horton** – *“Only by resting in Christ do we find ourselves active in good works, not just for the sprints but also for the long-distance run.”*

**Hebrews 12:1-3** – *“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”*

In waiting for Jesus...

1. We look to him and away from others.
2. We lean on him.
3. We treasure him as our reward.

### **Response:**

1. Come to the table and rest.