



the **lake** church

January 7, 2024



**New Series for 2024**

**Message #1**

**Isaiah 40:25-31**



## **I. OUR HUMAN STRESS PROBLEM**

What should we know?

- a. Our God is the all-knowing, all-seeing, all-hearing, ever-present God (Isaiah 40:27)
- b. Our God is loving and all-powerful

## **II. WHAT OUR GOD CAN PROVIDE**

(Isaiah 40:29, 31)

- a. Strength to FLY in TOUGH times (Deuteronomy 32:11)

- b. Strength to RUN in the RUSH of life
- c. Strength to WALK in the EVERY DAY of life

### **III. OUR GOD'S PROMISE OF STRENGTH**

(Isaiah 40: 28-31/2 Corinthians 12:9/Ephesians 6:10/ Galatians 2:20)

KEY: Waiting on the LORD

### **IV. ACTION STEPS TO LESS STRESS**

- a. LONG for the LORD  
(Psalm 62:2)
- b. LIVE for the LORD  
(Proverbs 27:18)
- d. LOOK to the LORD  
(Psalm 104:27/Philippians 4:19)
- e. LAUD to the LORD  
(Isaiah 40:26, 31)
- f. LISTEN to the LORD  
(Proverbs 8:34)