

HOW TO DEAL WITH DESPONDENCY:

Isaiah 40:31

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Promise # 2

I. INTRODUCTION:

- A In some of the darkest times in our lives, when we have been hit really hard, perhaps repeatedly by some emotional or physical event that was either sudden or seasonal, we find ourselves exhausted and empty. What should we do as believers in the Lord Jesus Christ when we feel the blows hit us hard? Do we give up, fall into the black swamp of despair, and allow ourselves to sink to the bottom? How are we to go on after the sudden white squall or monsoon season devastates us?
- B. Have you ever found solace in Isaiah 40:31?
- “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”***
- C. Does this promise resonate with you?

II. EXPOSITION:

- A. Historical Context: Babylonian Captivity.
- B. Seven Comforting Truths in Isaiah 40:
1. Israel will be physically delivered (vs. 2)
 2. Israel will be spiritually delivered (vs. 2)
 3. Israel will be ultimately delivered (vs. 2)
 4. Prepare the way of the Lord; nothing will stand in the way of the their return (vv. 3-5)
 5. God’s Word endures forever (vv. 6-8)
 6. God is the conquering, rewarding, and tender Shepherd-King (vv. 9-28)
 7. God gives power to those who have none and gives power to those who are weak (vs. 29).

- C. Verse 31 is the application or “so what” of these seven truths.
- D. What does “*waiting on the Lord*” actually mean?
- E. A Closer look at the Hebrew word “*renew.*”

III. HOW SHOULD WE THEN LIVE?

- A. If we put our trust in God, no matter how bleak or dark our circumstances become, then God will sustain us with His strength.
- B. Historical Example: _____ in _____.
- C. What are road signs or indicators that you are actually trusting God with your circumstances?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
- D. What are road signs or indicators when you are not actually trusting God with your circumstances?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
- E. Hebrews 4:16

IV. ADDITIONAL NOTES:
