



## How to Handle Stress

Isaiah 40:28-31

# I. THE PROBLEM OF STRESS (Isaiah 40:28-29)

Stress may be defined as that gap between the demands placed upon us and our ability to meet those demands.

We are especially vulnerable to the enemy's attacks when we are under stress.

## II. THE PROVISION OF SUFFICIENCY (Isaiah 40:31)

The ability to fly in the rugged times of life.

The ability to run in the rush of life

The ability to walk in the routine times of life.

### III. The PROMISE OF STRENGTH (Isaiah 40:31)

In order for this exchange to take place (His strength for our stress); we must wait upon the Lord.

### III. The PROMISE OF STRENGTH (Isaiah 40:31)

What Does It Mean to Wait Upon the Lord

We must desire Him.

Psalm 62:1

### III. The PROMISE OF STRENGTH (Isaiah 40:31)

What Does It Mean to Wait Upon the Lord

We must listen to Him.

Proverbs 8:34

### III. The PROMISE OF STRENGTH (Isaiah 40:31)

What Does It Mean to Wait Upon the Lord

We must look to Him.

Psalm 104:27

### III. The PROMISE OF STRENGTH (Isaiah 40:31)

What Does It Mean to Wait Upon the Lord

We must live for Him.

Proverbs 27:18



## IV. CONCLUDING THOUGHTS

We serve God by flying in the hard times, running in the happy times, and walking day by day in the regular everyday areas of life.

## IV. CONCLUDING THOUGHTS

The gap of stress will be removed as He takes our nothingness and infuses it with His almightiness when we learn to wait upon Him.

## IV. CONCLUDING THOUGHTS

He gives strength to the weary,  
And to *him who* lacks might He increases power.

<sup>30</sup> Though youths grow weary and tired,  
And vigorous young men stumble badly,

<sup>31</sup> Yet those who wait for the LORD  
Will gain new strength;  
They will mount up *with* wings like eagles,  
They will run and not get tired,  
They will walk and not become weary.