

Strength

Series: Promises of God

Isaiah 40:28-31

August 23, 2020

Welcome again to worship today. I want to invite you to turn to page 5 in your bulletin, or if you are watching online, you might want to have a pad of paper to take notes this morning.

We are in the midst of a series “Promises of God.” We are looking at 7 promises of God that we can believe in, as certain as the dawn of a new day. Thus far, we have talked about the first three promises of God:

1. **Presence**: Jesus said, “And be sure of this: I am with you always, even to the end of the age.”¹
2. **Protection**: We learned that the Lord will protect us day and night like a mother hen. He will protect us from disease and from attacks. And we learned there is no “but” in faith.
3. Today, we look at the third promise of God: **Strength**.

Isaiah 40:28-31:

*Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 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.*²

That is a beautiful and wonderful passage of Scripture. Let’s take a look at what it is telling us.

First, we tend to forget Who God is.

Isaiah says in verse 28:

*Do you not know? Have you not heard?*³

Have you ever notice that when everything in your life is going fine, when we are sitting down in our devotions or in Sunday School or in worship, we have no doubt that God is Who He says He is and will do what He says He will do. But then when things go south in our lives, when troubles come, when, to use a phrase, when our worlds turn upside down, we forget our faith. We forget Who God is.

We see this tendency all throughout Scripture:

Psalms 13:

*How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?*⁴

The disciples were that way as well. When a sudden storm came upon them while crossing the Sea of Galilee, they had to wake Jesus up.

¹ Matthew 28:20b (NLT2)

² Isaiah 40:28-31 (NIV)

³ Isaiah 40:28 (NIV)

⁴ Psalm 13:1-2 (NIV)

“Lord, save us! We’re going to drown!” He replied, “You of little faith, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm.⁵

Isaiah says in verse 28:

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.⁶

His tone is one of chastisement. So, to remind us once again Who God is, Isaiah repeats His characteristics.

A. He is the Everlasting God.

Psalm 121 is a terrific psalm to memorize to help you remember the God is everlasting.

I lift up my eyes to the hills – where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.⁷

Remember one of names the Messiah would be called? From Isaiah 9:

For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.⁸

God is not going away. His promise is everlasting.

B. He is the Creator God.

Not only is He the everlasting God, He is also the one that created this world. He knows everything there is to know about your universe. He is not one who could say, “You know, I didn’t build that thing, so I don’t know what’s in it.” Kind of like when the cook in your house tries a new recipe; you never know what you’re going to get.

Psalm 90:2 reads:

Before the mountains were born, before you gave birth to the earth and the world, from beginning to end, you are God.⁹

God created this wonderful world; He can fix your little corner of it.

C. He is All-Powerful.

The term is omnipotence. Omnipotence means all-powerful. God has supreme power. This means God can do what He wants. It means He is not subject to physical limitations like we are. Being omnipotent, God has power over wind, water, gravity, physics, etc. God’s power is infinite, or limitless.

Jesus reminded His disciples that no matter how difficult a task seems:

...with God, everything is possible.¹⁰

Isaiah said that God does not grow tired or weary, for He is all-powerful.

D. He is All-Knowing.

⁵ Matthew 8:25-26 (NIV)

⁶ Isaiah 40:28 (NIV)

⁷ Psalm 121:1-4 (NIV)

⁸ Isaiah 9:6 (NLT2)

⁹ Psalm 90:2 (NLT2)

¹⁰ Matthew 19:26 (NLT2)

This term is called omniscience. Omniscience means all-knowing. God is all-knowing in the sense that He is aware of the past, present, and future. Nothing takes Him by surprise. His knowledge is total. He knows all that there is to know and all that can be known.

Isaiah said that God's understanding is unfathomable. The phrase could be translated "his understanding is unsearchable." In chapter 55, he writes of God:

"My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."¹¹

So, when things get difficult for you, don't forget Who God is: He is everlasting. He is our creator. He is all-powerful. And He is all knowing.

Second, He gives us what we need.

Back to Isaiah 40:29:

He gives strength to the weary and increases the power of the weak.¹²

God knows about the difficulties and problems of His people. If you belong to Him, He is able to quiet the storms of life, but sometimes there are lessons for His own to learn in the storm. When you find yourself in the midst of a storm, instead of sitting and weeping and criticizing God, why don't you look around and find out what lesson He wants you to learn? God will not let you go through trials unless He has something for you to learn.

Look throughout the Bible, and you will see God giving person after person exactly what they needed at that moment. And the thing is this: Jesus has given us the Holy Spirit to be with us always, to comfort us, to remind us of His teachings, to counsel us, to empower us. The Spirit is already with you; all you need to do is ask, and He will give you exactly what you need at that moment.

The Lord's Prayer says, "Give us this day our daily bread." God knows exactly what you need today, and He wants to give it to you. So, if you are weary, if you are afraid, if you are uncertain God's purpose for you, all you need do is ask.

Third, we can't do it all.

Those who are far from God think they can do it all. That's because they look around and see so much that needs to be done, and without the Lord, they decide they are the ones to do it. But we are so limited, and we naturally wear out.

Isaiah 40:30 reads:

Even youths grow tired and weary, and young men stumble and fall;¹³

Even the strongest people get tired at times. We all fall. To deny that is to deny who you are. The youngest and strongest people, left to themselves, will fail.

You can't do it all. You cannot save that lost loved one. You cannot heal the wounds of a nation or the hurt of another. You and I cannot do it; we will grow tired and weary and stumble and fall.

Thankfully, Isaiah doesn't leave us there.

Fourth, with God, we can do the impossible.

There once was a preacher who was encouraging his church.

¹¹ Isaiah 55:8-9 (NLT2)

¹² Isaiah 40:29 (NIV)

¹³ Isaiah 40:30 (NIV)

“My friends,” he said, “this church needs to walk.” The people said, “Amen.” He continued, “My friends, this church needs to run.” And the people said, “Hallelujah.”

Then he said, “My friends, this church needs to fly.” And the people shouted back, “Amen and hallelujah.”

Then the preacher said, “Well, it’s going to cost money to make this church fly.” To this the people replied, “Let her walk, preacher, let her walk.”

Isaiah wrote:

*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.*¹⁴

Note several things here.

Isaiah says we have to hope in the Lord. Other translations say “wait” or “trust.”

This is the requirement for obtaining God’s help here. It involves patience, faith, and submission to the Lord. We must rely on Him always, for our strength will fail.

Then Isaiah says, “They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Or, we could say, “They will fly like Gary, run like Alexis Stiver, and walk and not faint like Nancy Wright.”

Now, what Isaiah is saying is that with God, we can do the impossible. We will soar like eagles above the world in flight. We need to live on a higher plain than the lowly plain of the world’s standards. We will run and not grow weary. We will be able to keep going and going when the Lord gives us strength. We will walk and not be faint. We will live for God in the everyday grind. It is the hardest place to live for the Lord and requires the most strength.

God’s power and strength never diminish. He is never too tired or too busy to help and listen. His strength is our source of strength. When you feel all of life crushing you and you cannot go another step, remember that you can call upon God to renew your strength.¹⁵

There was a woman who was going through some very difficult and trying circumstances. She was experiencing major distress in her marriage, her job was very unfulfilling and was causing her heartache. She became so distraught over her circumstances that she felt like just giving up. She felt lonely, dejected and very isolated. She had tried everything she could to better herself, her marriage, things at work but it seemed everything turned out horrible for her. Finally, she came to the point of exhaustion and felt there was no way out of her terrible circumstances and there would never be any more joy in her life.

One day she was sitting in her kitchen very frustrated and lonely. She sat there for a long time and just wept. Then she noticed a small sparrow had somehow gotten into her kitchen, so she opened the door thinking the sparrow would simply fly out the door. To her surprise, the sparrow kept flying into the closed window that was just above the door. This distraught woman noticed several times that the sparrow would fly directly into the top of the window thinking it was an opening to freedom and each time colliding into glass of the window. This small sparrow after each time hitting the window would become weaker and weaker. The woman also noticed the sparrow hitting the window lower and lower each time he flew into the window until he got so weak that he

¹⁴ Isaiah 40:31 (NIV)

¹⁵ Life Application Study Bible, Isaiah 40:29-31

couldn't even fly, all he could do was walk. Then she noticed this little sparrow very slowly, simply walked through the door to freedom. As she observed this little bird walk through the door, the sparrow began to regain his strength and he flew off into the air free again.

It was as though God literally opened her spiritual eyes. She realized in just about every area of her life she was behaving just like this sparrow. She was trying in her own way to get out of the confining situations she was in, each time being knocked down in defeat. In reacting harshly to her family members – knocked down! Not giving her best at work – knocked down! Paying back evil for evil done to her – knocked down! Saying and doing things she knew were wrong – knocked down!

She finally realized that all she had to do was do just like this sparrow – to very humbly walk in the power of God's grace and mercy and allow Him to work out all her heartaches and difficulties.