

PROMISES
WEEK THREE
God Promises He Will
Give You Strength



Key Scripture:

"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."

Isaiah 40:28-31

This Passage Has the Following:

1. A Truth (v28)
2. A Promise (v29)
3. A Reality Check (v30)
4. A Key (v31)
5. A Result (v31)

Thoughts you have from listening to the message:

Start thinking. Provide these points to get your group thinking.

- God is unlimited and he can be trusted.
- God is everlasting; his strength never runs out; his tank never runs dry.
- Growing tired and weary is a human problem that cannot be avoided.
- God is looking to unleash his power in our lives.

Start talking. Find a conversation starter for your group.

- Revisit action item(s) from last week's small group: who can recite Psalm 145:13?
- Think back through Paul's message. What sticks out to you?

Start sharing. Choose questions that create openness.

- We sell ourselves short as children of God by not turning to God and asking him to take control; when/where/why are you guilty of that?
- Which of the "tips for while you're waiting" resonated with you the most?
- When have you asked God to change your circumstances but, instead, he changed you in your circumstances?
- What keeps you from humbling yourself to receive God's strength and power?

Start digging. Provide these Scriptures for people to read during the week.

Psalm 145:13 | Isaiah 40:28-31 | 1 Corinthians 1:25 | Job 13:15

Start praying. Be bold, and pray specifically.

God, we ask you to do it again, and again; make promises to us and make them come true in our lives. Fulfill the promises you make to us to do great things in our lives that only you can do. Give us rest in knowing that you can save us; that you will never leave us; that you will give us strength. And as we go forward, allow us to go effortlessly through the seasons of life by waiting and hoping in you.

Start doing. Commit to a step, and live it out this week.

Next weekend, we start a new series at White Flag: "You are not Alone." Commit to inviting a new person to join us as we launch this new series that so many people will be able to relate to.

"God isn't looking to change your circumstances, he's looking to change you in your circumstances."

~Paul Wingfield~