

=BIBLE PROMISES=

Lesson 7

Bible Promises About Strength

AIM: to teach my pupils to ask the Lord for the strength to live right and for the strength they need to accomplish tasks

POINT OF CONTACT: Picture two roads. The roads are not running parallel to each other—they are going in opposite directions, and nothing connects the two. One road leads down—down to Hell. The other road leads up—up to Heaven. The road leading down is crooked and wide. The road leading up is straight and narrow. There are some travelers on both roads. We are concerned about the travelers on the road which leads downward; they need to be directed to the straight road. As we notice the road which leads up, we see that sometimes a traveler will stumble and fall and perhaps even cause another traveler to stumble. It is as if he has suddenly become weak. Watch closely and notice that this person who has fallen gets up and brushes himself off. He continues on his straight walk, occasionally breaking into a run. Notice that the travelers on this road to Heaven sometimes stop to be quiet for a time; they seem to be reading something. Without falling, they have stopped as if to renew their strength.

INTRODUCTION: The central promise for this week's lesson is Isaiah 40:31. The promise is that strength will be renewed by waiting upon the Lord. There is already strength of mind and body when the normally healthy infant is born. At the time when a person realizes his lack of ability to reach Heaven on his own and trusts Jesus for that strength, then spiritual strength has been added to the mental and the physical. Everyone's body gets tired—even that of a child and a young person. Everyone's mind gets weary. Everyone becomes discouraged with trying to do right. Everyone needs a renewal of strength. This renewal is not needed just for one time—it is needed time and time again. Isaiah 40:31 tells us how to obtain this renewal of strength and what shall be the results of obtaining it.

- I. WAIT UPON THE LORD. The Lord is never weary. He never faints, Isaiah 40:28. The Lord is our strength, Psalm 22:19.
  1. Trust Him for your salvation. (Review John 5:24.) Do you become weak in spirit when you think about death and eternity?
    - 1) Know truly that you have been saved. Take time out—wait upon the Lord for the answer. Can you remember a particular time when you recognized your sinful condition? Did you realize that in that condition you were bound for Hell? Do you remember accepting Jesus as your Saviour? Do you know that you are saved? Be confident that He is your salvation.
    - 2) Know that you have strength to go to Heaven. Know that you are destined to be with Jesus forever, Psalm 62:1, 2; John 14:1, 2; I Thessalonians 4:16-18.
  2. Ask counsel of Him. Be quiet before Him. Do you become weary from planning and working out the planning for your life?
    - 1) Let Him direct your planning. Let Him instruct you concerning your schedule. (Review James 1:5-7.) Tell Him about your activities. Let Him review them with you. What is your present goal in life—your big ambition which must be accomplished? Consider all the relationships (grandparents, parents, sister, brother, etc.) which you have. How should you plan and behave in these areas of your life? Tell the Lord what you would like to do and to be; trust Him—you will gain a renewal of strength just by waiting for Him to instruct you and to help you. Maybe He will direct you through counsel which our Pastor and other Christian friends can give you. Isaiah 30:15 says that “in quietness and in confidence shall be your strength.”
    - 2) Wait for Him. If there is something which you must do about your plans, wait for His leading before you do it. If there is something which the Lord must work out for you, wait for Him to do that. Do not go in your own way nor in the way of ungodly counsel, Isaiah 30:1.
  3. Let Him correct you. Are you getting tired of His chastisement?

- 1) Confess and forsake your sins. (Review I John 1:9.) What is the wrong activity or the wrong association or the wrong behavior in which you are engaging? You will become weakened physically and spiritually by it, Psalm 31:10.
- 2) Let His judgment be worked out, Hebrews 12:5-13. Endure chastening; do not faint under it. Thus you will be strong.
- 3) Do no fret about the affairs of the world and the worldly. Are you weary of doing right because you see others getting by with their sin? The sinful will receive their just deserts from the Lord, Psalm 37. The righteous may stumble, but they are upheld by the Lord's hand; they will be exalted eventually. Be strong in this promise to do right.
4. Become saturated with the Bible.
  - 1) Read the Bible. Be aware of what should be applied to your life. Know that it is a living Book, taught by the Holy Spirit. It is ever new!
  - 2) Meditate about it. Be quiet; think about its meaning for you, Isaiah 41:1; Psalm 119:23.
  - 3) Pray about its meaning to you. Pray that you will understand what God is saying to you through it.
5. Be not dismayed nor afraid. As a result of this obedience, God will give strength and help, Isaiah 41:10.
6. Go to church every time the doors are open. There is nothing like hearing the man of God preach the Bible for gaining strength to do God's will. There is nothing like having fellowship with God's people for getting strength and encouragement to live right, Psalm 84:1-4. Our church services are like stopping at an oasis after having been in the desert, Hebrews 10:25.

## II. MOUNT UP WITH WINGS AS EAGLES.

1. Stop to consider the eagle. His wings are very strong. They lift him effortlessly from the earth. They cause him to soar beautifully through the sky. An eagle, when flying, is above everything that is a part of his life—his home, his source of livelihood, even his enemies. His wings lift him above his earthly walk; they bring him back down to his habitation again. The eagle flies only by day. He has keen vision. He is the symbol of empire and courage; he has effortless mastery of the air.
2. Christians shall also mount up. As a result of having their strength renewed because they waited upon the Lord, they shall mount up with wings as eagles. They shall have strength enough to be lifted up. They shall get above their circumstances and their problems. They shall thus get a good view of their situations as they look down at them. This renewal of strength is a result of being sure of their salvation, laying every detail of life before God, accepting God's corrections and instructions, and going to church.

## III. RUN AND WALK INSTEAD OF BEING WEARY AND FAINTING.

1. We need to be running with the Gospel, John 9:4. The Apostle Paul was running with the Gospel, I Corinthians 9:23-27; Galatians 2:2; Philippians 2:16. We must not be weary in well-doing, so we must wait upon the Lord for our strength, Galatians 6:9.
2. We are to walk in newness of life. Our general behavior is to be pleasing to the Lord and directed by Him, Romans 6:4; Galatians 5:16. Waiting upon the Lord will keep us from fainting in our Christian life.

CONCLUSION: Have you ever tried to get your fingers out of a Chinese finger puzzle? Remember sticking two fingers into the ends of the wicker, woven puzzle? Then you try to get out. With both hands, you are pulling and pulling. If you relax and just let your fingers come out, one at a time, there is no problem whatever. This example is a picture of how a Christian ought not to struggle against circumstances but just to wait upon the Lord. Psalm 84:5a says, "Blessed is the man whose strength is in thee."