

MEDICINE FOR THE WEARY SOUL

Isaiah 40:26-31

LIFT UP YOUR EYES

Here Isaiah reminds God's people of the power found in lifting their eyes up and focusing on the One who is Creator, Mighty, Eternal, all-knowing and doesn't run out of energy. We too need this reminder, as we can mistakenly look down at our circumstances instead of looking up to our God. When our gaze is on us, our life circumstances are BIG, sin seems unconquerable and we feel inadequate. But when our gaze is on the everlasting, almighty God we are humbled. The first step to having our strength renewed is realizing that the power we need to continue the good work He started in us comes from the One who holds the Universe in the palm of His hand.

In verse 28, Isaiah asks "Have you not known? Have you not heard?" to a people who have already heard about their Mighty God. They have seen God move and work in powerful ways, yet they needed to be reminded of the God they served. We also are a forgetful people, needing to be reminded of simple things like "Lift up your eyes."

Isaiah 40:26-27 // Psalm 123:1

WAIT ON THE LORD

All throughout the Word, God's people waited on the Lord. Abraham waited 90-plus years before having Isaac, Joseph waited 13 years in prison, Moses waited 80 years to be a leader and Jesus waited 30 years before His ministry took off.

What does it mean to *wait on the Lord*?

To wait on God means to pause and soberly consider our own **inadequacy and the Lord's all-sufficiency**, and to seek counsel and help from the Lord, and to hope in Him.

-John Piper

What do we do while we are waiting?

- We wait while praying with patience.
- We wait with dependence on the Lord
- We wait in faith and confidence in the fact that it is God that gives power to the faint, renews the weary and worn out to keep doing the work of the Lord.

They who wait for the Lord shall renew their strength.

Isaiah 40:3a

Isaiah 40:29-31 // Psalm 130:5-6 // Psalm 33:20-22

NOTES:

This Week's Scripture to Memorize:

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Elder Candidates

Tyler Willis and Casey Barnes

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION!

We'd love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

WHAT ABOUT THE KIDS?

Our childrens' ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at amber@lifemission.tv**

JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not "graduate the faith" when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at tyler@lifemission.tv**.

Contact Us

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COMMUNITY GROUP HOMEWORK

Before group starts, who can share the Memory Verse?

Read Isaiah 40:26-31. What stands out in this passage, and what stuck out to you most from the sermon on Sunday?

Preaching the Gospel to Yourself

Read Isaiah 40:10. How can we take truths like this and etch them into our minds, hearts and souls so that when we are fearful, worried, or weary we can preach it to ourselves with confidence and conviction?

Repent and Ask for Provision

Read Isaiah 40:31. This could be one of the most encouraging texts in the entire Bible, yet we often do not believe it. Do you need to repent of a lack of faith and trust in the Lord? If so, how then do you wait for the Lord in your most trying moments and stormy seasons of life? What does it look like specifically?

Your Life Mission

At Life Mission Church, our vision is to glorify God, our mission is to make disciples that make disciples. As a saved people, we are now sent out into our families, friendships, workplaces and sports teams with a message of hope in Christ.

Read Galatians 6:9. End the evening praying for strength to be renewed using the P.R.A.Y. model with your group so that you can continue the work of reaching the least, the last and the lost for the glory of God. Make sure to end your time of prayer Yielding with Thanksgiving for God's sovereignty and plan for your life.



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Isaiah 40:26-31 // February 9, 2020

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

GET TO KNOW MORE ABOUT US ONLINE

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