

## HOW TO HANDLE STRESS

Reference: **Isaiah 40:31**

Pastor Larry Webb

---

---

**verse thirty- one** *“But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”*

This passage contains the secret to surviving stress.

Definition: Stress is the \_\_\_\_\_ between the different demands placed on us and the available strength that we have to meet those demands. Some people call this the **stress** \_\_\_\_\_ or the **stress** \_\_\_\_\_.

Question: Where and how do we get the available strength needed to meet these multiple demands that are placed on us and in doing so eliminate some of this stress?

Answer: We do that through \_\_\_\_\_.  
Reference: **Psalm 27:14** (see screen)

Question: How do we wait on the Lord?

**One**...To wait on the Lord means to \_\_\_\_\_ for the Lord.  
Reference: **Psalm 62:1**, *“Truly **my soul silently waits for God**; from Him comes my salvation.”*  
Reference: **Psalm 42:1** (see screen)

Paul was an example of someone that longed for the Lord  
Reference: **Acts 14:19, 20** (see screen)

**Two**...To wait on the Lord means to \_\_\_\_\_ to the Lord.  
Reference: **Proverbs 8:34** *“Blessed is the man who listens to me, watching daily at my gates, **waiting at the posts of my doors.**”*

God speaks to us through four primary means:

- (1) through \_\_\_\_\_
- (2) through \_\_\_\_\_ from the **Holy Spirit**
- (3) through \_\_\_\_\_
- (4) through \_\_\_\_\_

**Three**...To wait on the Lord means to \_\_\_\_\_ to the Lord.  
Reference: **Psalm 104:27** *“**These all wait for You** (God) *that You* (God) *may give them their food in due season.*”*

**Four**...To wait on the Lord means to \_\_\_\_\_ for the Lord.  
Reference: **Proverbs 27:18**, *“Whoever keeps the fig tree will eat its fruit; so **he who waits on his master** will be honored.”*

Notice that if we are faithful to do our part, and wait on the Lord, then He, in turn, is going to be faithful to do His part and give us His strength we need to handle stress.

Divine strength can help us in three basic areas all found in **verse 31**.

- God gives us His strength for \_\_\_\_\_.  
**verse thirty-one**, *“...shall renew their strength; they shall mount up with wings like eagles...”*
- God gives us His strength for \_\_\_\_\_.  
**verse thirty-one** continued, *“...they shall run and not be weary...”*
- Reference: **Jeremiah 8:20** (see screen)
- God gives us His strength for \_\_\_\_\_.  
**verse thirty-one** continued, *“...they shall walk and not faint.”*