

How To Deal With Despondency

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ISAIAH 40:31

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Using This Study

❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.

Guest Speaker: Dr. Paul Shockley



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He is married to Jill and they have four children: Schaeffer Wesley, Spencer Paul, Seth Michael, and Julianna Grace. They reside in Stafford, Texas.

His hobbies include gardening, painting, scuba diving, weightlifting, and exploring the culture, geography, and history of the Holy Land.

① EXAMINE His Word

What does God SAY? Prayerfully note significant details and terms emphasized in this passage.

- A. In some of the darkest times in our lives, when we have been hit really hard, perhaps, repeatedly by some emotional or physical event that was either sudden or seasonal, we find ourselves exhausted and empty. What should we do as believers in the Lord Jesus Christ when we feel the blows hit us hard? Do we give up, fall into the black swamp of despair, and allow ourselves to sink to the bottom? How are we to go on after the sudden white squall or monsoon season devastates us?

- B. Have you ever found solace in **Isaiah 40:31**?
“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.”

- C. Does this promise resonate with you?

② EXPLORE His Word

What does God MEAN?

- A. Consider the Historical Context: Babylonian Captivity.

- B. Seven Comforting Truths in Isaiah 40:
 - 1. Israel will be physically delivered (vs. 2)
 - 2. Israel will be spiritually delivered (vs. 2)
 - 3. Israel will be ultimately delivered (vs. 2)
 - 4. Prepare the way of the Lord; nothing will stand in the way of their return (vv. 3-5)
 - 5. God’s Word endures forever (vv. 6-8)
 - 6. God is the conquering, rewarding, and tender Shepherd-King (vv.9-28)
 - 7. God gives power to those who have none and gives power to those who are weak (vs. 29)

C. Verse 31 is the application or “so what” of these seven truths.

D. What does “*waiting on the Lord*” actually mean?

E. A closer look at the Hebrew word “*renew*.”

③ EMBRACE His Word

How Should We Then Live?

A. If we put our trust in God, no matter how bleak or dark our circumstances become, then God will sustain us with His strength.

B. Historical Example: _____ in _____

C. What are road signs or indicators that you are actually trusting God with your circumstances?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

D. What are road signs or indicators when you are not actually trusting God with your circumstances?

- 1.

- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

E. Hebrews 4:16

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

④ LIVE His Word

Summarize your thoughts on the passage.

Write about what God wants you to KNOW, to FEEL, and to DO.

Sermon Notes: