

About the Series

How do we cope with life's many challenges and the weight of sin's consequences? How does God work in the lives of the people He loves? The book of Isaiah answers these questions and many more as it takes us on a life-changing journey from warning to redemption, reminding us of a faithful God who never leaves us, and calling us to trust the Savior who breaks through the darkness and brings hope and new life.

**#14: I'm Just Tired**

Dr. Stephen G. Tan | Isaiah 40

» Watch

Watch the sermon. As you watch, take notes on anything that stands out to you. Pay careful attention to the context of the biblical text, insights and principles highlighted, and any supporting scripture mentioned.

KEY TAKEAWAYS

When you find yourself exhausted from the challenges of life, remember:

- Help is on the way. Behold your God.
- Our Lord is bringing our rewards
- Our Lord is caring and all-powerful
- Our God renews our strength through His power

» Talk It Through

1. Have you ever gone through a season when you felt completely drained, physically, emotionally, mentally, or spiritually? What helped you keep going during that time?
2. The Israelites were living in exile with little reason to feel hopeful, yet God reminded them of His promises, His power, and His care. What does this passage teach you about how God responds to His people when they feel discouraged?
3. Isaiah 40 repeatedly points God's people away from their circumstances and back to who God is. Which truth about God in this passage encouraged you the most, and why?
4. When life feels overwhelming, what do you tend to look to first for comfort or strength? How does that compare with God's invitation in this passage to "Behold your God" and wait on Him?
5. What is one burden, worry, or challenge that you need to intentionally place in God's hands this week? How can your small group or your church friends pray for you as you wait on Him?

» Pray

Close your time together with prayer.