



MESSAGE NOTES

STRENGTH FOR THE STRUGGLE - PT 1

"Facing Struggle. Finding Strength."

Pastor Matt Mylin

May 3, 2020

Isaiah 40:28-31

1. Seek

Seek God who is the source of everlasting strength.

Psalm 9:9-10; Jeremiah 29:13; Matthew 7:7; Hebrews 11:6

2. Specific

God gives specific strength for specific struggles.

3. Stride

God has a sustainable pace for your specific race.

"No bird soars in a calm." Wilbur Wright

God gives you an assignment and gives you the grace to accomplish it.

Isaiah 40:28-31

**All scriptures are from the New International Version.*

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this past week.

Review:

God gives specific strength for specific struggles.

Open Up:

What word do you focus on first when you hear the phrase "Strength for the Struggle"?

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ What feelings come to your mind when you think of God holding your hand in this season?
- ▶ On a scale of 1-10, how strong are you feeling right now?
- ▶ How are strength and struggle interdependent?
- ▶ What is one struggle you are facing that is offering a growing place for strength in your life?
- ▶ Read Hebrews 11:6. What does it look like to "seek" the source of strength?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Name the biggest struggle you are facing right now.

Read Isaiah 40:28-31. As you choose to go through your struggle rather than be annoyed or avoid, specifically what do you need to do to receive that strength this week?

What pace do you need to choose – walk, run or soar?

Pray:

Pray for three things for each person – strength from the struggle they named in the Engage section, courage to do what they need to do to receive that strength, and wisdom to engage the pace they named.