

**S**TRENGTH  
ISAIAH 40:28-31

JAN. 27, 2002

**M E S S A G E N O T E S**

Boca Raton Community Church  
Dr. David H. McKinley, *Senior Pastor*

II Peter 1:3-4; Isaiah 40:28-31

Notes: \_\_\_\_\_  
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What is stress? The distance between the demands of my life on one side and my capacity to meet such demands on the other.

**How can I find strength in my stresses?**

**1. ADMIT IT:** I can't, but He can  
Psalm 103:13

He can because . . .

- He creates  
Isaiah 40:12; Isaiah 40:22
- He controls  
Isaiah 40:10, 15, 23-24
- He cares

2. AFFIRM IT: I get stressed, but He gives strength

• Demands of life  
John 4

• Disobedience of sin

• Disturbance of people

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3. ACCEPT IT: He can and He will

Notes: \_\_\_\_\_

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**What will God do in my weakness and weariness?  
For those who wait and believe, He promises:**

• Elevation

• Acceleration

• Continuation

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