

NYACK COLLEGE NEW YORK CITY
COURSE: PMN311 – Introductory Homiletics
Dr. Carlos Velez

Sermon Outline – Dr. Adrian Rogers

TITLE: “How to Handle Stress”
TEXT: Isaiah 40:28-31

INTRODUCTION STATEMENT:

89% of all Americans suffer from time-to-time with chronic stress syndrome. Most Americans are emotionally fatigued, physically drained and spiritually defeated and the reason is stress. Days are too long and nights are too short. There's too much to do with too little time to do it.

PROPOSITION: There is Hope and Hope is on the way and it is found in God's word

INTERROGATIVE: _____

TRANSITIONAL SENTENCE: Isaiah, the prince of the prophets, dipped his pen in golden glory and wrote these words, look in verse 28.

I) The Problem of Stress Isaiah 40:28,29

2 Categories of People

- a) Almighty God Verse 28
- b) The Rest of Us Verse 29
 - 1) The Faint
 - 2) The ones who have no might.

The Definition of Stress:

“That gap that is between the demands that are placed upon us and our ability to meet those demands”

II) The Provision of Sufficiency Isaiah 40:31

3 Distinct Promises

- a) The Ability to fly in the rugged Times of Life
- b) The Ability to run in the rush of Life
- c) The Ability to walk in the routine Times of Life

III) The Promise of Strength Isaiah 40:31

- We are to wait upon the Lord – What does it mean to wait upon the Lord?

- 1) You Must Long for Him Psalm 62:1
- 2) You Must Listen to Him Proverbs 8:34
- 3) You Must Look to Him Psalm 104:27
- 4) You Must Live for Him Proverbs 27:18