

## **Sermon Summary – February 8, 2015, Pastor Alan Smith**

### **“Soaring”**

When we exercise we get tired and finally get to the point we can't go anymore. Life sometimes feels that way, that we don't have the energy to go one more step. It can feel like we've been beaten up and knocked around. How can we continue forward and sore when life is beating us up? We, as Christians, are ministering every day and that ministry can wear us out. It can be tiring feeding the hungry because there's always one more. There is always one more person that needs help and that can get us down. So how do we soar with all the stress surrounds us?

The secret to soaring is in the preparation of ourselves. First we need is to know who God is. In **Isaiah 40:28 have you never heard? Have you never understood? The Lord is the everlasting God, the creator of all the earth. He never grows tired or weary. No one can measure the depth of his understanding.** The question is before us - do we fully understand who God he is we understand his power? **Psalm 45:3–5 put on your sword, oh mighty warrior! You're so glorious, so majestic! 4. In your majesty, I'll ride out to victory, defending truth, humility, and justice. Go forth to perform all inspiring deeds! 5. Your arrows are sharp, piercing your enemy's hearts. The nations fall beneath your feet.**

**Colossians 1:17 He existed before anything else, and he holds all creation together.**

**1 Timothy 6:16 He alone can never die, and he lives in light so brilliant that no human can approach him. No human eye has ever seen him, nor ever will. All honor and power to him forever! Amen.**

**Revelation 1:8 “I am the Alpha and the Omega—the beginning and the end,”\* says the Lord God. “I am the one who is, who always was, and who is still to come—the Almighty One.”**

Did you see those words? Nations will fall before our God, he holds creation together, he can never die, and he is the beginning and the end. He has always been and always be. There is none like him!

We have a hard time understanding why things happen. A loved one dies, yet these barbaric terrorists seem to succeed. Greedy people are getting rich, while some of the most generous people live in poverty. We don't fully understand God's ways.

**1 Corinthians 1: 18-20 For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. 19 For it is written: “I will destroy the wisdom of the wise; the intelligence of the intelligent I**

will frustrate.”<sup>20</sup> So where does this leave the philosophers, the scholars, and the world’s brilliant debaters? God has made the wisdom of this world look foolish.

**1 Corinthians 1:27** Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful.

God’s ways are hard for us to understand, so when life strikes us down, it is through trusting in God we gain our strength. **Isaiah 40:31** “**But those who trust will run and not grow weary. They will walk and not faint. In the LORD they will find new strength. They will soar high on wings like eagles.**”

Our strength is not found in the world or the things the world can offer. The strength we need comes from God and we get that strength from trusting in God. We learn to trust just like we develop a relationship. When we see someone we like, we take the time to learn more about this person. As our relationship deepens, our trust grows. The secret to soaring is in trusting God. Here is a simple acronym to soaring: **P.R.A.Y.**

**PREPARE** – We need to prepare mentally, physically and spiritually every day.

- **Prepare mentally** – As much and as often as possible, get a good night’s sleep. Wake up with plenty of time so you are not stressed out by rushing to get where you need to go.
- **Prepare physically** – Eat a healthy breakfast and get some exercise.
- **Prepare spiritually** – Have a time of meditation. Pray that God is with you and that He will guide you.

**READ** – We need to read the Bible.

- Read it not just once, but several times a day.
- Take the time to let His word sink in to your heart and soul. Study and memorize His word

Have the right **ATTITUDE** - **Philippians 2:5–8**

- **5 You must have the same attitude that Christ Jesus had. 6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal’s death on a cross.**
- Jesus humbled himself for others. He was completely obedient to God and became the servant of others.

- Our attitude should be the same as His – to be servants of others

**YIELD** – The last thing we need to do daily is to yield ourselves to God’s will for our lives.

- Jesus did that in the garden of Gethsemane found in **Matthew 26:42 42 He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”**

Go soar with God!