

Better: Better is Christ's Strength

(Isaiah 40:25-31)

Introduction

In 2006 in Tucson, Arizona, Tim Boyle watched as a [Chevrolet Camaro](#) hit 18-year-old Kyle Holtrust. The [car](#) pinned Holtrust, still alive, underneath. Boyle ran to the scene of the accident and lifted the Camaro off the teenager, while the driver of the car pulled him to safety.

In 1982, in Lawrenceville, Georgia, Angela Cavallo lifted a 1964 [Chevrolet Impala](#) from her son, Tony, after it fell off the jacks that had held it up while he worked underneath the car. Mrs. Cavallo lifted the car high enough and long enough for two neighbors to replace the jacks and pull Tony from beneath the car.

What accounts for feats of superhuman strength like these? The answer is adrenaline, a hormone shown to increase strength to amazing degrees for short periods of time. It is a reserve, not the key to sustained strength.

Adrenaline doesn't just help people lift cars. In Ivujivik, [Quebec](#), in 2006, Lydia Angyiou wrestled a large polar bear that she saw advancing toward her son and another boy while they played [hockey](#). Angyiou tackled the polar bear and fought it while the boys ran for help. While Angyiou suffered some wounds, the polar bear ultimately lost the fight. Angyiou sparred with it long enough that a neighbor was able to shoot the bear four times until it died.

Contextualize this sermon in the Better Series.

Contextualize Isaiah 40. Isaiah 40 is a full of divine comfort, caution, and challenge. Verse 5 breathes comfort, for the day of deliverance is bright as his promises. It is a chapter of caution lest god's people compare the Creator to a lifeless idol. But it is also a call to renew endeavors for God despite physical weakness and satanic opposition. In summary, the message of Isaiah 40 is that of the renewed life, but to understand it we must look at . . .

I. The Peril of Expended Strength (v. 29-30)

Faint here means *to tire as if from a wearisome fight* and the companion word *weary* comes from a root *to gasp from exhaustion*.

A) The Demands of Service (v. 29)

B) The Dissipations of Sin (v. 30)

II. The Principle of Exchanged Strength (v. 31)

The word *renew* carries the idea of *change* or *exchange*.

A) Waiting includes submission (v. 31)

B) Waiting includes supplication (v. 31)

C) Waiting includes expectation (v. 31)

III. The Purpose of Employed Strength (v. 31)

A) Strength for special moments (v 31)

B) Strength for crucial moments (v. 31)

C) Strength for normal moments (v. 31)

Conclusion

The entire Christian life is one of exchange – my life for His. I exchange my sin for His righteousness. I exchange my weaknesses for His strength. I exchange my will for His. ***The key is faith.***