



## Mountain of God

Justin Worden – May 26, 2010 (Special Graduate Message)  
Tupos SM - Wednesday Night Live

**Isaiah 40:30-31** = "Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (NLT)

### I. The Weak And Tired

#### a. Sick & Tired of Being Sick & Tired

- i. End of the school year / end of high school (seniors)
- ii. Maybe you are at the "end of your rope" when it comes to the situations in your life:
  1. Your family, your friendships, your addictions, your temptations, your attitude, your uncertainty of the future (your "thorn")

#### b. Falling On Our Faces

- i. "Exhausted" = "tired, worn out, beaten, fatigued"
- ii. The answer to your exhaustion / feeling trapped = shake it off & step up!

"Once upon a time a farmer's mule fell into a dry well. When the farmer heard the mule's braying and realized what had happened, he determined that neither the mule nor the well was worth the trouble of saving.

Instead, he called his neighbors together and enlisted their help in burying the old mule in the well and putting him out of his misery.

Initially, the old mule was very upset. You would be, too, if you were in a deep hole and people started throwing dirt in on top of you! But as the dirt rained down on his back, the old mule had a thought. He decided that every

time a shovel of dirt landed on his back, he would shake it off and step up. And that's what he did.

As the dirt cascaded down the well, the old mule kept shaking it off and stepping up.

Hours later, the exhausted mule finally stepped over the wall of the well. What was meant to bury him actually helped him!

The next time you find yourself trapped in a seemingly hopeless situation, you know what to do: shake it off and step up!" (**Hot Illustration 1.0, Shake It Off**)

### II. The Mountaintop Experience

#### a. Can't Live on the Mountain

- i. We were built for the valley!
- ii. Mark 9:2 = "...Jesus took Peter, James, and John, and led them up a high mountain to be alone." (NLT)

"We have all had times on the mount, when we have seen things from God's standpoint and have wanted to stay there; but God will never allow us to stay there. The test of our spiritual life is the power to descend... We are built for the valley, for the ordinary stuff we are in, and that is where we have to prove our mettle...The mount is not meant to teach us anything, it is meant to make us something...The moments on the mountain tops are rare moments, and they are meant for something in God's purpose." (Oswald Chambers, My Utmost For His Highest)

#### b. The Highs And Lows

- i. We find strength to:
  1. "Soar... Wings like eagles" (the high life = when things are great)
  2. "Run... not grow weary" (the low times = when we just have to keep on keeping on)
- ii. "We must be able to mount up with wings as eagles; but we must also know how to come down. The power of the saint lies in the coming down and the living down. 'I can do all things through Christ which strengtheneth me,' said Paul..." (Oswald Chambers, My Utmost For His Highest)



#### c. Must Go Through The Valley

- i. Sometimes getting to that "mountaintop" takes you on a journey you may not like.
- ii. Sometimes we have to walk through the valleys (the dark places / the scary places / the deadly places...) but you will not go it alone!
  1. Psalm 23:4 = "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (NIV)

- iii. "Even though the journey's long, And I know the road is hard, Well, the One who's gone before me, He will help me carry on, After all that I've been through, Now I realize the truth, That I must go through the valley, To stand upon the mountain of God" (Third Day)

### III. The Hope In God

#### a. The Real Fountain of Youth

- i. According to this passage, our hope in God = fountain of youth
  - 1. "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (NIV)
- ii. My prayer the morning of Summer's grandfather's funeral (last year), after reading this passage, was simply this: "Keep me young and strong for you, God... because I learn to hope in You with all my heart! My hope is in You."
  - 1. "My hope is you, Show me your way, Guide me in truth, In all my days yeah, My hope is you..." (My Hope Is In You by Third Day, 2000)
- iii. Ever heard it said: "Youth is wasted on the young"
- iv. "Perhaps all this explains why today's featured passage is such a favorite. Its promises are the closest we will ever get to a true fountain of youth... The point is that the weary soul finds endless strength and renewal in the Lord." (DB Devotional, July 12<sup>th</sup>)
- v. Not only do we find endless strength, but we also find out about genuine faith...



#### b. The Real Key To Genuine Faith

- i. Isaiah 40 is all about putting our "hope" (or "trust") in God (hope = trust, anticipation, expectation)
- ii. That's what faith really is all about: "Now faith is being sure of what we hope for and certain of what we do not see." (Hebrews 11:1, NIV)
- iii. Faith is hoping in God (and meaning it)
  - 1. Because of this type of faith, we will find strength of eternal youth!

**So... when you are tired/weak = trust (hope) in the Lord = you will find new strength to soar & to run = and stand upon the "mountain of God"!**

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 New Hope Baptist Church - Tupos Student Ministries - Justin L. Worden  
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## Tupos Student Ministries Small Group Life Application Sheet



Date: Wednesday, May 26<sup>th</sup>, 2010

Lesson Theme: Perseverance

Lesson Objective: Whether we are on the mountaintop or in a valley, the Lord gives us hope and strength to "soar".

Lesson Text: **Isaiah 40:30-31** = "Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (NLT)

#### Discussion Questions:

1. Do you ever grow "weak and tired"? Why? From what?
2. What are some ways you can trust God more?
3. How can you put your "hope" in the Lord, even when you are in the valley and don't feel like you can go on anymore?

Prayer Time: Seek the strength that only He can give, and trust that you will make it through your valleys to get to the mountaintop again.