

God Holds Us When Life Breaks Down

God is holding us in the palm of His hands when everything in life breaks down.

I. God's _____ Comfort Us (vv. 1–11)

Isaiah begins with a double command: **Comfort, comfort My people.**

- God reminds His people that their struggle has ended, their iniquity is forgiven, and their punishment is completed.
 - (vv. 3–5) Fulfilled in John the Baptist, pointing to Christ.
 - (vv. 6–8) Human frailty contrasts with divine faithfulness
 - (vv. 9–11) God is the victorious King and the gentle Shepherd.

Application:

God offers us comfort and forgiveness.
He will draw near and carry us when life is too heavy

II. God's _____ Strengthens Us (Isaiah 40:12–26)

Isaiah uses rhetorical questions to magnify God's greatness:

Who measured the waters in His hand? Who marked off the heavens?

Who weighed the mountains?

- These show us God's absolute sovereignty over everything.
 - (vv13–14) God is infinite in his wisdom.
 - (vv15–17) God is majestic over nations.
 - (vv18–20) Exposes the foolishness of man's dependence on temporal things.
 - (vv21–26) God is sovereign over all creation.

Application:

God holds the universe in the Palm of His hands.

- He is stronger than anything that causes you to be stressed out.
- God is wiser than anything that confuses you.
- He is sovereign over every scarcity and opportunity in life.

III. God's _____ Sustains Us (vv27–31)

Israel complained and said in v27 **My way is hidden from the Lord.**

- They feel forgotten, overlooked, and abandoned.
- God responded by reminding them that He is the everlasting God.
He does not faint. He does not grow weary.

- v29 is the turning point: **"He gives power to the faint, and to him who has no might He increases strength."**
- vv30–31 contrast human weakness with divine renewal.

Application:

- When you feel worn out, remember that God sees & feels you.
- He understands; He will strengthen & sustain you.
- If you learn to wait & to trust in God, you will rise & run again.
- If you understand how to depend on Him again, you will walk again strong.

Conclusion:

When life feels heavy, remember that:

- He is the Shepherd who carries you,
- the King who defends you,
- the Creator who sustains you, and
- the everlasting God who never grows weary.