A. Learning to Wait (vs. 5):

1. Waiting can drive us to reach deep down on the inside of our lives (Isaiah 41:28-31).
2. We must not allow the most painful times to cause us to stray from God (Hebrews 2:1-4; 10:32-39).
3. We are commanded to not take things into our own hands to resolve them. When God’s Word focuses us to wait (Example Abraham).
4. To hope in God requires steadfast endurance because of our eager expectation that God will come through.
5. Placing our hope in God defines our faith.
6. Placing our hope in God shapes our character (Romans 5:3-5).

B. Allow the Lord to be Your Source of Strength (vs. 6-7):

1. God alone is our source of strength especially because of the presence of the Holy Spirit (1 John 4:4; Romans 8:28; 37-39). Christ is our Rock and He is also the Word which does not return void (1 Corinthians 10:4; Romans 9:33; 1 Peter 2:8; Matthew 7:24-27).
   a) “Why? Because they did not pursue it by faith, but as though it were by works. They stumbled over the stumbling stone just as it is written, "BEHOLD, I LAY IN ZION A STONE OF STUMBLING AND A ROCK OF OFFENSE, AND HE WHO BELIEVES IN HIM WILL NOT BE DISAPPOINTED." (Romans 9:32-33; NASU)
2. God provides us stability.
3. God alone moves us from distress to safety.
4. He is our only source of help in our time of need.
5. The Lord is the only one who builds a hedge of protection around us (Psalm 34:7; Hebrews 1:14).
6. The Lord is our only security.
7. When the Lord is our rock, salvation and stronghold there is no way we can stumble and fall.
8. The Lord faithfully keeps our life in order (2 Corinthians 4:7-12).
9. It is the Lord who rewards us and therefore provides us honor and wealth (Psalm 112; 128).
10. The Lord is unmovable and our resistance against all opposing forces.
11. The Lord provides our stability and ability especially in difficult times.

C. Trust Him at all Times (vs. 8):

1. We must place our well-being at all times in the Lord’s hands because He will never pull the rug from under us.
2. We must have a confident of expectation at all times that God will do what He says He will do.
3. We are commanded to pour out our inner most feelings to God so that we walk in wisdom and understanding (Colossians 1:9-11).
4. In the midst of anxiety and stress learn to supplicate (Philippians 4:4-7; when David’s son was dying).
5. When we pour out our hearts we must seek to do this in His presence. In other words, try to get into a place where you are alone with God and call on Him.
6. We can trust God because He is a safe place.
7. God protects us when we hide in Him.
8. He promises to never leave us nor forsake us (Matthew 28:20).