



## Strength Robert Morris

**Focus** The Messiah makes a way for us in the wilderness. When we give our lives to Him, He changes everything. Our wilderness becomes a lush, fertile garden where we can find peace and strength. There are four attributes related to this way in the wilderness: strength, signs, streams, and streets. This message focuses on strength.

**Fun** If you have a garden, what is growing in it? If not, what would you grow in your dream garden?

**Review** Key Scriptures: Isaiah 35

### 1. Hands

*Isaiah 35:3; Nehemiah 8:6; Psalm 63:4, 134:2; Lamentations 3:41;  
1 Timothy 2:8*

Sometimes our hands need to be strengthened. Hands refer to worship. We are to lift up our hands in the sanctuary to praise God and become worshippers.

### 2. Knees

*Isaiah 35:3; 1 Kings 8:54; Hebrews 12:12–13; Philippians 4:6;  
1 Thessalonians 5:17*

At times our knees require strengthening. Knees refer to prayer. Kneeling is a form of submission, a surrendering. We are to pray about everything.

### 3. Hearts

*Isaiah 35:4; Deuteronomy 6:6, 11:18, 31:6–7, 31:23; Joshua 1:6–7, 1:9, 1:17–18; 1 Kings 2:2; Psalm 119:11*

Fear can easily creep into our hearts. Hearts refer to how we think. Like Joshua,

we should not fear but be strong and courageous. And when we meditate on God's Word, He shows us the way to go.

**\*Group Dynamics Idea\*** Ask your members to grab paper and pen, then challenge them to write down as many synonyms as they can think of for *strength*. Time them for three minutes to see who identifies the most words, then ask them to share some of them.

## Discuss

1. What the Old Testament says will happen *has* happened. For example, explain the subtle difference in regard to healing in Isaiah 53:5 and 1 Peter 2:24.
2. What does Isaiah 35:1–2 foretell about the land of Israel? What event has changed the wilderness to a fertile garden? Who can change your wilderness to a lush land of plenty?
3. Have you ever found yourself in a spiritual wilderness? If you are comfortable doing so, share how you overcame this dry period in your life.
4. In his message, Pastor Robert explained how the word *commit* (Proverbs 16:3) means to “roll away.” Describe how this term applies to burdens? Where are we to place these burdens that we roll away?
5. Read Zechariah 4:6 and 2 Timothy 2:1. According to these verses, what strengthens our hearts? What do we need to do when we are perplexed or need answers to our problems (Psalm 4:4)?
6. Worship, prayer, and meditating on God's Word brings us into His presence. Take a quiet moment to go boldly before His throne, asking Him to strengthen your hands, your knees, and your heart.

**Take Home** As we conclude, remember the following:

- Everything changes when Jesus comes into our life.
- He strengthens our hands, our knees, and our hearts.
- Our wilderness journey becomes a garden walk with Him.

**Prayer** Jesus, I surrender to You. I thank You for strengthening me. When I find myself on a wilderness journey, show me the way to Your garden of peace. In Jesus' name, Amen.

**\*New Leader Tip\*** As the semester ends, identify someone in your group who might make a good leader. You may be all the encouragement this person needs to say, "Yes, Lord."