

Intro:

Main Point of Text: In times of weakness, David says to wait on the Lord as the motivation and means of staying strong.

Sermon Point: *Your Strength is in Stillness.*

Move 1: Hold yourself together before the LORD.

“Wait” is “*inclusio*” of the verse. Heb. sometimes “to be collected”; during tenseness, eagerness (Psalm’s context). A constant refrain throughout Scriptures: wait on the LORD a long time. When don’t wait, bad things happen. Ps. 46:10: *Be still, and know that I am God ...* Waiting builds your spiritual muscles.

Move 2: Hold firmly to who you are in the LORD.

“Be strong”: lit., “strengthen oneself” or “make firm”. Make Satan flee as you bear God’s armor. 1 Cor. 16:13. It is manly and godly to be patient (bear under). Refrains of Revelation to the church in tribulation: “overcome” by “holding fast”.

Move 3: The LORD will hold you up and build you up as you wait on Him.

“And he shall strengthen thine heart”. Waiting/holding fast accesses your source of help: the LORD’s supernatural strength; *inclusion* of Psalm, vs. 1. Don’t run ahead of God, and He will fight for you. Ex. 14:13-15. Isaiah 40:28-31. Remember, eagles do not frantically flap: they hold out and glide and soar.

Conclusion:

Your Strength is in Stillness.