

# PURSUING OUR CAPACITY



Lifted...!

# Series So Far...

- #1 What Is God Given Capacity?**
- #2 What Am I Prioritising?**
- #3 Why My Prayer Matters**
- #4 Desires Accountable To God**
- #5 Ready To Influence?**
- #6 Carrying Authority**
- #7 Intentional Preparation**
- #8 Living Courageously**
- #9 Authenticity – Keeping it Real**
- #10 Sacrifice**

# Circumstances May Be Overwhelming...

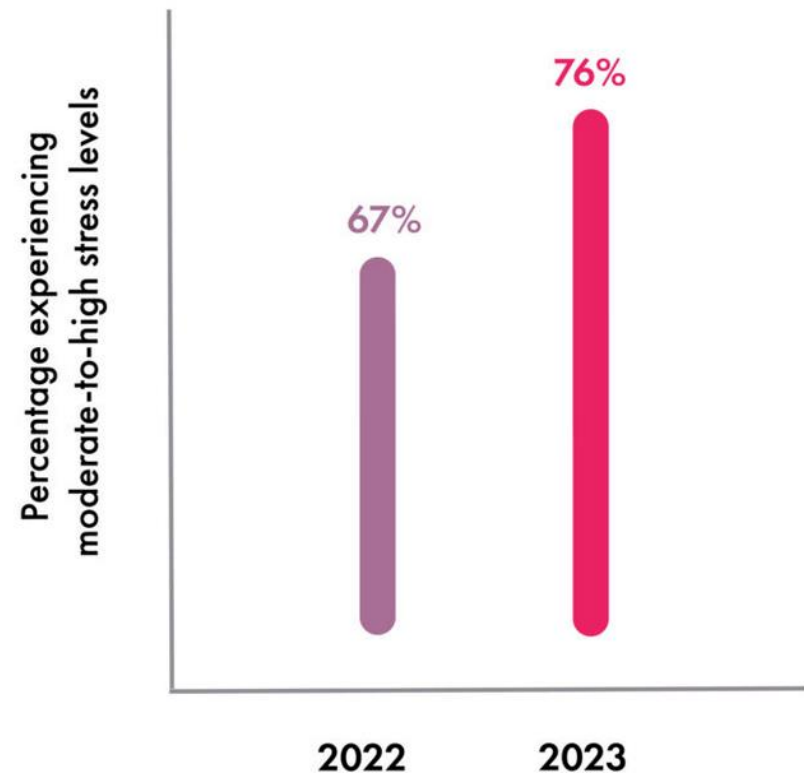
## 1 Samuel 30:1-6 NLT

<sup>1</sup> ...when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid... they had crushed Ziklag and burned it to the ground. <sup>2</sup> They had carried off the women and children and everyone else but without killing anyone. <sup>3</sup> When David and his men saw the ruins and realized what had happened to their families, <sup>4</sup> they **wept until they could weep no more**. <sup>5</sup> David's two wives, ...were among those captured. <sup>6</sup> David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But **David found strength in the LORD his God**.

# Stress & Anxiety in the UK 2024

- **39% of UK adults report feeling anxious**
- **66% of 18 to 24-yr-olds around the world** reported suffering from severe forms of stress (c.f. UK 60%, 2018)
- **34% of UK 18–24's reported feeling anxious most of the time** and did not think they were coping.
- **Most significant adult triggers of stress:**  
**money (39%),**  
**not enough sleep (39%),**  
**health (35%),**  
**family (31%),**  
**the news (24%).**

Employees experiencing moderate-to-high stress levels



Source: The Workplace Health Report 2023

# What Do I Do When I'm Burdened?

## Matthew 11:28-30 NLT

<sup>28</sup> Then Jesus said, “**Come to me**, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. **Let me teach you**, because I am humble and gentle at heart, and **you will find rest** for your souls.

<sup>30</sup> For **my yoke is easy to bear**, and **the burden I give you is light.**”

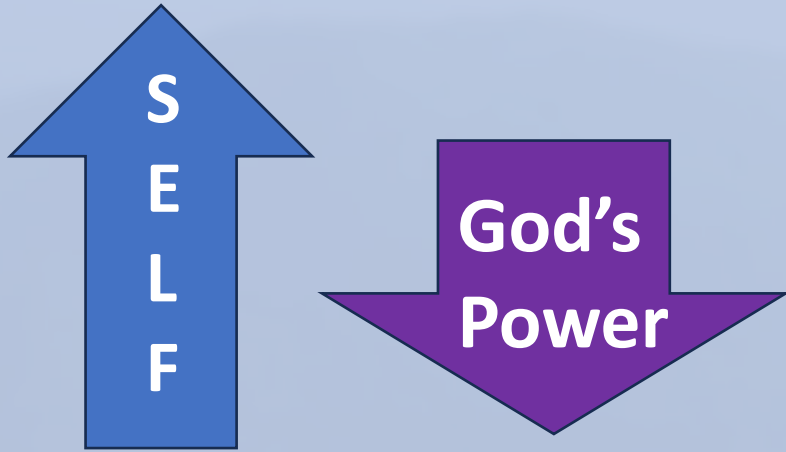
**“Let your hopes, not your hurts, shape your future.”**

Robert H. Schuller

# Personal Priorities - World v's Kingdom

## a) Prioritise Myself (pride)

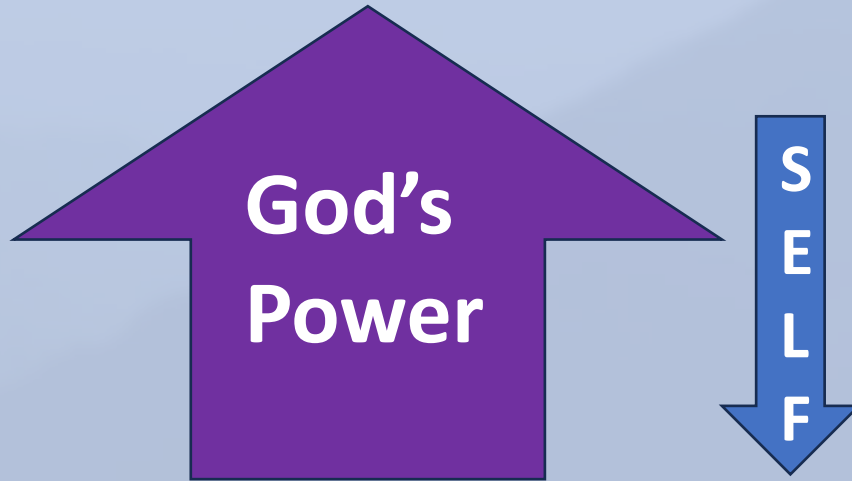
= Lift myself up (own strength)



God: Opposes the Proud  
My **LIMITED** Strength!

## b) Prioritise Christ (humility)

= God Lifts me up (grace)



God: Gives Grace...  
God's **LIMITLESS** Power!

# When It's Tough - Do We Pick Ourselves Up?

## Acts 14:19-20 NLT

<sup>19</sup> Then some Jews arrived from Antioch and Iconium and won the crowds to their side. They stoned Paul and dragged him out of town, thinking he was dead. <sup>20</sup> But **as the believers gathered around him, he got up and went back into the town.** The next day he left with Barnabas for Derbe.



# Q. When Does God Lift Me Up?

## 1. In times of Despair [Psalm 40:2](#)

“He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me...”

## 2. In times of Suffering & Hardship [Psalm 71:20](#)

“You have allowed me to suffer much hardship, but you will restore me to life again and lift me up...”

## 3. In Times of Humility [James 4:10](#)

“Humble yourselves before the Lord, and he will lift you up in honour.”

# Humility – God Wants to Lift Us Constantly

## 1 Peter 5:5-9 NLT

<sup>5</sup> ...And all of you, **dress yourselves in humility** as you relate to one another, for “God opposes the proud but gives grace to the humble.” <sup>6</sup> So humble yourselves under the **mighty power of God**, and **at the right time he will lift you up in honour**. <sup>7</sup> Give all your worries and cares to God, for he cares about you.

<sup>8</sup> **Stay alert!** Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

<sup>9</sup> Stand firm against him, and **be strong in your faith**. Remember that your family of believers all over the world is going through the same kind of suffering you are.

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