



## SERMON NOTES

# FIT: Faith Improvement Training

## Soaring, Sinking, & Soaring Again

Pastor Carl Toti

February 6-7, 2016

### **John 16:33 (NIV)**

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

### **John 14:1 (NIV)**

*"Do not let your hearts be troubled. Trust in God; trust also in me."*

### **Isaiah 40:28-31 (NKJV)**

*<sup>27</sup> Why do you say, O Jacob, And speak, O Israel: "My way is hidden from the LORD, And my just claim is passed over by my God" <sup>28</sup> Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. <sup>29</sup> He gives power to the weak, And to those who have no might He increases strength. <sup>30</sup> Even the youths shall faint and be weary, And the young men shall utterly fall, <sup>31</sup> But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.*

### **The Malta Shipwreck**

#### **Acts 27:44 (KJV)**

*And the rest, some on boards, and some on broken pieces of the ship. And so it came to pass, that they escaped all safe to land.*

## Soaring Not Sinking

### **1. WAIT**

#### **Isaiah 40:31 (NKJV)**

*But those who wait on the LORD Shall renew their strength.*

### **2. RENEW**

#### **Isaiah 40:31 (NKJV)**

*But those who wait on the LORD Shall renew their strength.*

### **3. MOUNT UP**

#### **Isaiah 40:28-31 (NKJV)**

*But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.*