

# Ancient Truths for Modern Life

Are you **crushing it**?

Whether you are a mom, dad, son, daughter, student or employee are you **crushing it**?

In the world there has always been the temptation of comparison. From Cain & Abel to Rachel & Leah, and especially in these days of social media, we are exposed to a world where no matter our roles or expectations we can never measure up. It is impossible to be the perfect mother, father, business owner, employee, husband, wife, son, daughter and everything else we are expected to be; especially in comparison to the highlights reel of everyone else's lives around the world. This feeling of failure is one of the ways we see that there are weaknesses in our lives that need to be comforted. The question is how and where do we find comfort?

We need to learn to do the following:

1. Recognise fake comfort
2. Find real comfort
3. Pay it forward

Earthly comforts will never satisfy the inner longings of our soul, we need God's heavenly truths speaking into those deep cracks to bring strength into the depths of our soul. Comfort literally means to "with strong" someone, so how do we find God's comfort / strength for our lives?

The challenge this week was to read **Isaiah 40-66 - The Volume of Comfort** and let God speak His foundation of ancient truths into our lives. As we spend time with our heavenly Father let the truth of His nature, comfort and transform us so that we can pay it forward to those around us.

You may not be **crushing it** in your life, but God is always **crushing it** as our heavenly Father. He even **crushed** His only son for our sins so that we could be healed and whole. Set free from the shame and arrogance of comparison.

Set free from apathy and mediocrity.

Set free from our desperation for affirmation

Set free to love our families

So that we can comfort, comfort His people and pull an Isaiah and say haven't you heard, have you never understood the Lord is the everlasting God the creator of all the Earth He never grows weak or weary, no-one can measure the depths of His understanding. He gives power to the weak and strength to the powerless. Even kids will become weak and tired, even moms will fall in exhaustion but those who trust in the Lord will find new strength they will soar high on wings like eagles, they will run and not grow weary, they will walk and not faint.

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As a Lifegroup why don't you divide up **Isaiah 40-66 - The Volume of Comfort**, each read a section and bring God's ancient truth into one area of your life to share with everyone else:

1. Recognising the fake comfort?
2. Finding the real comfort?
3. How can you pay it forward?