

1. ENJOY FELLOWSHIPPING WITH GOD

Gen 18:9-15 – Scripture says Abraham and Sarah were old and well stricken in age, and Sarah was past childbearing. You see, she was barren when she was young, and now at 90 years old she was doubly barren; however, because she judged God faithful, she received “strength”.

- **Abraham and Sarah fellowshiped with God**

In Genesis 18, we read that God visits Abraham and promises him and Sarah a child. As Sarah listens to this, she laughs to herself, thinking about how old she and her husband, Abraham, are, and wonders how it is even possible. The Lord says to Abraham, 'Why did Sarah laugh? Is anything too hard for the Lord? I will return to you at the appointed time next year, and Sarah will have a son.'

We see that there was laughter in the house of Abraham even before they had offspring. God wants us to be happy and enjoy fellowshiping with Him.

>>There was sound of music and dance in the father's house in the prodigal son's story.

Pro 17:22 – A merry heart does good, like medicine, but a broken spirit dries the bones.

When we are joyful, our bodies are strong, and strength is essential for childbearing.

- **Worship opens the door to the spiritual**

The Greek word for Worship is **PROSKUNEUO**.

KUON (Gk) means to kiss. As you kiss Him, something miraculous is conceived.

Intimacy creates a transaction. When you worship God, you receive supernatural strength.

>> Elisha wanted to receive a word from God, so he called for a worship musician. During worship time, Elisha received a word from God.

Isa 54:1 – Sing, O barren, You who have not borne! Break forth into singing, and cry aloud, You who have not labored with child!

Why? Because worship opens the door to fruitfulness. You are not responsible for the miracle. Your part is to enjoy the Lord. As you do it, you will bear fruit.

2. JUDGE GOD FAITHFUL

Gen 18:13,14 – And the Lord said to Abraham, “Why did Sarah laugh, saying, ‘Shall I surely bear a child, since I am old?’ Is anything too hard for the Lord? At the appointed time I will return to you, according to the time of life, and Sarah shall have a son.”

Notice how even after Sarah laughed, considering the natural facts, God repeated the promise. Somewhere after this, she began to consider that if God repeated the promise and appointed a day, then He was serious about it. This is where things began to change.

Heb 11:11 – By faith Sarah herself also received strength to conceive seed, and she bore a child when she was past the age, because she judged Him faithful who had promised.

The Bible credits Sarah and not Abraham with the miraculous conception of Isaac—somehow we don't hear much about the fact that her faith was responsible for conceiving him.

The word 'strength' in the verse above is *dunamis* (Greek), which means miracle-working power. This *dunamis* began to transform her and renew her youth. In fact, after this incident, a king wanted her. Like Sarah, as you judge God faithful, you will receive strength! Your body will be healed!

3. ENJOY YOUR MARRIAGE WITH REST

Gen 18:12 – *Therefore Sarah laughed within herself, saying, "After I have grown old, shall I have pleasure, my lord being old also?"*

Sarah said something very profound when she asked, "Shall I have pleasure, my lord being old also?" She understood that God is the one who grants conception, and that her role is simply to enjoy the process.

This is a universal law –

>>In business, do what you enjoy, money will come

>>In ministry, enjoy the ministry, growth will come

1 Tim 6:17 – *Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy.*

Notice he gives us richly all things to enjoy!!

"Enjoy the process and the results will come."

Effects of stress on the reproductive system:

1) Stress triggers the activation of the hypothalamic-pituitary-adrenal (HPA) axis, releasing stress hormones like cortisol and corticotrophin-releasing hormone (CRH) that suppress the hypothalamic-pituitary-ovarian (HPO) axis and disrupt estrogen, progesterone, and luteinizing hormone balance.

- 2) Irregular Periods: Chronic stress interferes with gonadotropin-releasing hormone (GnRH), leading to delayed, missed, or unpredictable menstrual cycles.*
- 3) Suppressed Ovulation: High cortisol levels block the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH), preventing regular egg maturation and release.*

4) PCOS and Endometriosis Exacerbation: Stress worsens insulin resistance, systemic inflammation, and hormonal chaos.

CONCLUSION

So God wants you to be joyful even when you are believing for a child. He wants you to enjoy fellowship with Him through worship, and as you do so, He will bestow supernatural strength on you. And when you judge God faithful, you will receive miracle-working power, and this power will transform and renew your youth. Finally, as you enjoy intimacy with your spouse, God will bless you with children. Amen!