

SCRIPTURE: Isaiah 40:31

HYMN: *I picked "Standing on the Promises" for its words in the stanza: "Standing on the promises I cannot fall, List'ning every moment to the Spirit's call, Resting in my Saviour as my All in All, standing on the promises of God". It is a promise of God that He will renew our strength when we wait upon Him. Bless His Name!*

PLUMB TIRED

Have you ever had times in your life when you thought you just could not go on any longer? Whether it's from getting tired, or sick, or strained by the hardships of life, we all have those times. Do you feel that way even now? Well, let me tell you about how much the Lord cares and wants to help you. Let's look at an example of a creature He has made- the eagle.

Eagles have an amazing design. They have a six-foot wing span. And yet even though they look so big, they weigh less than 10 pounds! It is because their bones are hollow. They have nests that are very high up, yet they feed on creatures on the ground, so the Lord gave them outstanding eyesight. They can even fly 200 miles per hour- "dive-bombing", from above- to get to their spotted prey. Amazing! Eagles rely on hunting for their sustenance, so at times, when hunting is slim, they begin to grow hungry, tired and weary. When this happens, they have difficulty flying, which makes it hard for them to even look for food, at the heights at which they are accustomed. But the Lord God thought of everything, and made provision for eagles for times such as these. His provision is something in the air called a thermal, which is rising heat. (You know that old rule, "heat rises"? This is a law of nature that is always happening, and does not depend on the wind.) Eagles spread their wings and soar on thermals, which raise them to the high place- so that they can watch, "dive bomb", find food and regain their strength. [Because thermals are always present, eagles can also soar anytime, to conserve their energy.]



Understanding how the Lord has designed eagles gives us a clear explanation for the words of Isaiah 40:31:

*"Yet those who wait for the Lord
Will gain new strength;
They will mount up with wings like eagles,
They will run and not get tired,
They will walk and not become weary."*

Our Lord Jesus taught us to look at the birds of the air, to see how our heavenly Father provides and cares for them, and know that we are worth much more than birds to Him. Since this is true, we can be fully assured that when we are weary and tired and out of

strength, the Lord has help for us, too. All He asks is that we wait on Him or ask Him in faith in prayer, for help, and He said that we will gain new strength. This is His promise to all who will wait on Him!

So the next time you feel exhausted- in your body, mind, heart or spirit, imagine yourself as an eagle as you ask for help from the Lord. "Spread your wings" in the eyes of your imagination and picture that thermal, carrying you through to your place of renewed strength from the Lord. He is faithful to his Word and He will surely help!

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