

5 – “Encouragement for the Journey”



Strength to Run

Message

Have you ever watched an eagle fly? We have, many years ago, when we drove across the Nullabor to Western Australia with our younger son Ben. More recently we marvelled at the eagles flying high amongst the towering mountain cliffs of Canada and Alaska. Majestic birds, they don't just fly, they soar! Eagles are to the sky what lions are to the jungle. Ruling the heavens with regal authority, they swoop and soar with calm assurance – they are quite mesmerising! How great to be an eagle!

Well figuratively speaking, we can be! Life is filled with all kinds of unpredictable updrafts and downdrafts and being left to face these challenges alone we might spin out of control and plummet to the ground. But we have God's promise that when we place our confident expectation in Him, He will renew our strength. He will not let us fall!

The promise of Isaiah 40:31 is a conditional promise applying to those who “hope” in the Lord. Some translations read “wait” on the Lord. Hoping and waiting are really two sides of the same coin. Author J. Heyward Rogers explains that *“Our hope is the confidence that God is big enough to handle our problems and will use them for our good (Romans 8:28) When you have that hope, you can wait; you can live in the tension between the way things are right now and the way you know they are going to be some day.”*

Being in waiting mode doesn’t always feel like being in a position of strength. It can be hard because you want to do something, anything, just to feel you are moving forward. But we have the Lord’s assurance that having the strength to wait on Him is the first step toward having eagle-like strength to soar high above the concerns of the earth. Jerry Bridges says *“The cure for impatience with the fulfilment with God’s timetable is to believe His promises, obey His will, and leave the results up to Him.”*

There are times in life when circumstances can feel quite overwhelming. That is the time to trust in the Lord. He promises to give us new strength, so that we can run without weariness, so let us wait upon the Lord with confident expectation and active hope in Him, so that our lives may be renewed like the eagle’s.

AMEN

With kind thoughts

Glenda

