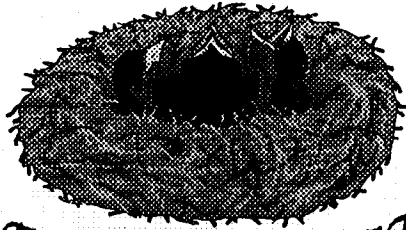
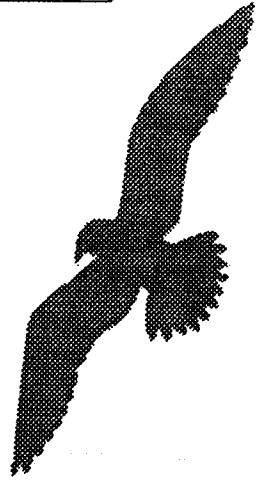


*"They shall
mount up...*

ON EAGLES' WINGS

*... with wings
as eagles."*

Isaiah 40:31



AERY NUGGETS

"Whereby are given unto us exceeding great and precious promises." 2 Peter 1:4.

"Standing on the promises of Christ my King,
Thro' eternal ages let His praises ring;
Glory in the highest, I will shout and sing,
Standing on the promises of God.

**Standing on the promises that cannot fail,
When the howling storms of doubt and fear
assail,**

**By the living Word of God I shall prevail,
Standing on the promises of God.**

Standing on the promises of Christ the Lord,
Bound to Him eternally by love's strong cord,
Overcoming daily with the Spirit's sword,
Standing on the promises of God.

Standing on the promises I cannot fall,
List'ning ev'ry moment to the Spirit's call,
**Resting in my Saviour, as my all in all,
Standing on the promises of God."**

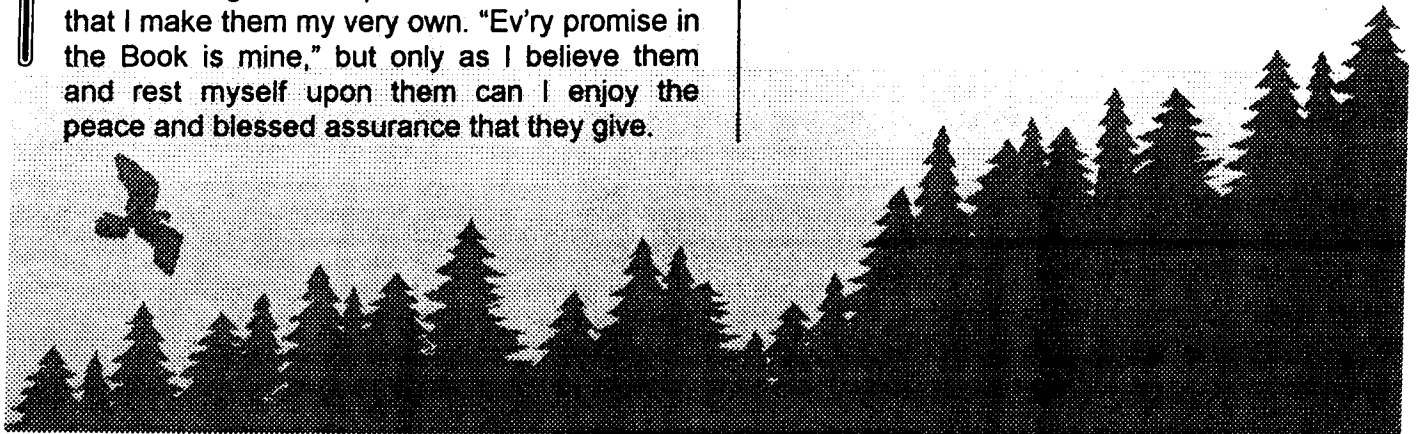
R. Kelso Carter

Standing on the promises of God means that I make them my very own. "Ev'ry promise in the Book is mine," but only as I believe them and rest myself upon them can I enjoy the peace and blessed assurance that they give.

"And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God."
1 Samuel 30:6.

David, the former shepherd boy had come to a very low point in his life. Everything seemed to be against him. King Saul was seeking to kill him, his own city had been destroyed and his people had been taken captive. Now to add to all of that his faithful men were talking about stoning him. What did he do?

He did what you and I need to do when everything seems to go against us and nobody seems to understand or encourage us.. "David encouraged himself in the LORD his God."



How do I encourage myself in the Lord? By standing upon the promises of God! Let's look at a few of these wonderful promises of God.

"Casting all your care upon Him, for HE careth for you." 1 Peter 5:7.

"And He said unto me 'My grace is sufficient for thee.'" 2 Corinthians 12:13.

"For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee." Isaiah 41:13.

"As thy days, so shall thy strength be." The eternal God is thy refuge and underneath are the everlasting arms." Deuteronomy 33:25,27.

"As the Father hath loved me, *so have I loved you*: continue ye in my love." John 15:9.

These are but a few of the precious promises of God. When we are going through difficult times and all seems dark and rough we need to remember and meditate upon these promises. I'm sure that was how David encouraged himself in the Lord. In fact the psalms are full of the promises that God inspired David to write both in days of joy and in days of sorrow.

At another very difficult day in David's life he wrote **"I sought the Lord, and He heard me, and delivered me from all my fears."** Psalm 34:4.

So to be encouraged by the Lord I need to take time to be alone in His presence and meditate upon His promises. He has said that He cares about me. Is that true? Others may tell me that they care about me and perhaps they do but with God we read that "God is not a man, that He should lie; neither the son of man, that He should repent: **hath He said, and shall He not do it? or hath He spoken, and shall He not make it good?"** I can always depend upon His Word. Numbers 23:19. Trusting Him, I can then cast **all my care, all my anxiety upon Him.**

Can I ever be going through trials that will be more than I can endure? He has promised that His grace will ever be sufficient for me and that He will give me the needed strength for every situation.

The Lord in His care for me has promised to hold my right hand and has assured me that **He will help me.**

I remember the story about a little girl whose mother was in the hospital. She was having trouble going to sleep one night. She went to her daddy and got up in bed with him. After a short time she said, "Hand, father, hand." Her Daddy reached down and took her hand and the little girl

went to sleep. The Father then looked up and said, **"Hand, Father, hand!"** Yes, what a God and Father we have who has promised to hold our right hand and would tell us, **"Fear not. I will help thee."**

How can I be discouraged when I remember that He has loved me as the Father has loved Him? As I have been writing these thoughts down, my own heart has been freshly encouraged in the Lord. My prayer is that each reader of this paper may also be freshly encouraged.

**"In heavenly love abiding,
No change my heart shall fear,
And safe is such confiding,
For nothing changes here.
The storm may roar without me,
My heart may low be laid,
But God is round about me,
And can I be dismayed?"**

**Green pastures are before me,
Which yet I have not seen,
Bright skies will soon be o'er me,
Where the dark clouds have been.**

**My hope I cannot measure,
My path to life is free,
My Saviour has my treasure,
And He will walk with me.**

**Ere yet another morning
My spirit may be free,
As absent from the body,
At home, O Lord, with Thee.
O sleep, O rest, how precious!
As, guarded by Thy care,
I'm waiting for Thy promise
To meet Thee in the air."**

Miss A.L. Waring.

In His love,

John D. McNeil

The need for finding assurance and peace in resting on one or perhaps all of the promises listed above sometimes comes unexpectedly, as it did with me when I was faced with making the decision to submit to a triple bypass heart operation July 2. The Lord ordered all things and I am looking to Him to sanctify this experience to me for my blessing and that of others too. All the prayers of the saints have been greatly appreciated. In Him, Leslie L. Winters

For address correction or new name addition
please write to:
Leslie L. Winters