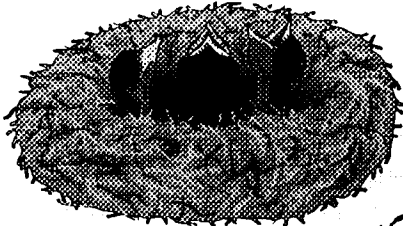
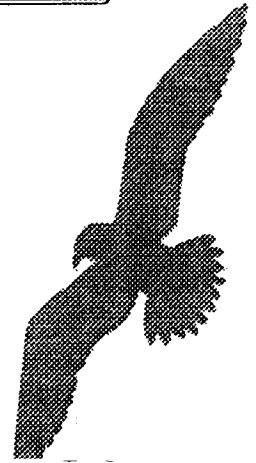


*"They shall
mount up...*

ON EAGLES' WINGS

*... with wings
as eagles."
Isaiah 40:31*



AERY NUGGETS

**"Bless the LORD, O my soul, and forget not
all his benefits." Psalm 103:2.**

*"Best gift of all Thou hast bestowed,
The precious, priceless blood that flowed
When Jesus bore our sins' great load, --
For this we thank Thee!*

*For patient grace that guides our way,
While pilgrims in this world we stay,
In fire by night, in cloud by day, --
For this we thank Thee!*

*For sickness, sadness, pain and loss,
For fellowship with Jesu's Cross
That turns this world's gold into dross, --
For this we thank Thee!*

*In all our joy and all our grief,
For chast'ning sore, or sweet relief,
For lengthen'd days, or waiting brief, --
For all we thank Thee!*

*And when our time on earth is o'er,
When in Thy presence we adore,
O then, for all that's gone before,
We e'er shall thank Thee!*

—Samuel Ridout

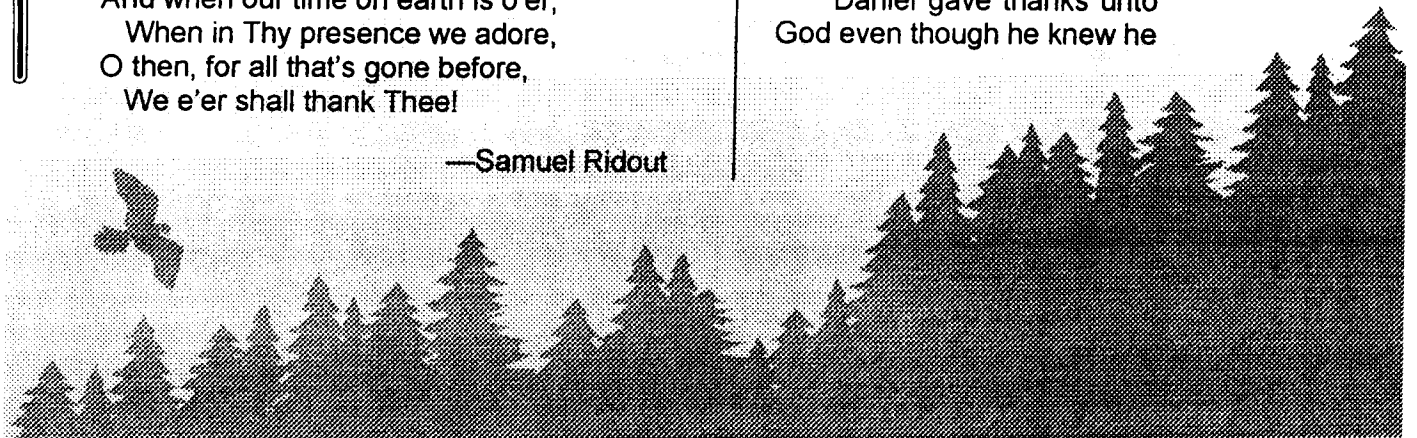
Dear Friends,

In Psalm 103 we find the words, "Bless the Lord," five times. In verses 1 and 2, David reminds himself to bless the Lord. In verses 20, 21 and 22 he reminds God's angels, hosts, ministers and works to bless the Lord.

What does it mean to bless the Lord? To bless the Lord means to speak well of Him. When we thank and praise the Lord in songs or words we bless Him.

How often should we bless the Lord? In Psalm 34:1 David says: "I will bless the Lord at all times; His praise shall continually be in my mouth." At all times means that we should bless the Lord regardless of the situation or circumstance that we are experiencing. We should praise the Lord during bright days of joy or dark nights of pain or sorrow. God has given us examples of those who blessed the Lord at all times.

Daniel gave thanks unto God even though he knew he



was about to be thrown into the lions' den. Zephaniah rejoiced in the Lord and in the God of his salvation even though there was nothing to eat. Paul and Silas sang praises to God at midnight even though they were bound and their backs were bleeding.

Can you and I bless the Lord at all times? We can if we but simply trust Him.

"Our times are in Thy Hand,
Why should we doubt or fear?
A Father's hand will never cause
His child a needless tear."

—W.F. Lloyd

David also reminds us that we are not to forget "all His benefits." Let's look at the benefits that David mentions in this beautiful psalm.

1. Forgiveness.

"Who forgiveth all thine iniquities." What a benefit this is! Think of having all our iniquities or sins forgiven! How could it be! That could only be through the wondrous love of God giving His beloved Son to die for our sins on Calvary. How can we ever thank Him enough for this?

2. Healing.

"Who healeth all thy diseases." As we read about this benefit we may say, "How can this be?" We know from our experience that the Lord does not heal all diseases today. How, then, do we explain this benefit? This Psalm in its fullness looks on to the millennial reign of Christ when all diseases will be healed. However, we do know that our Lord is able to heal all diseases even today. When it does not please Him to heal us from a certain illness or disease we can know, as did the apostle Paul, the wonderful benefit of His Grace. "My grace is sufficient for thee." 2 Corinthians 12: 7-9.

3. Daily redemption.

"Who redeemeth thy soul from destruction." The Lord has truly redeemed us by the precious blood of Christ from the awful judgment and destruction coming upon this world. In addition to this He also redeems us day by day from dangers, accidents and other tragedies that surround us. It is only when we get to heaven that we will then realize how many times He redeemed us from certain pain and death. As David once said, "there is but a step between me and death." 1 Samuel 20:3.

4. Lovingkindness and tender mercies.

"Who crowneth thee with lovingkindness and tender mercies." There is not one step of our path through this present evil world that God does not crown us or surround us with His loving-kindness and tender mercies. How the very heart of God is expressed in those beautiful words. Not only kindness but loving-kindness. Not only mercies but tender mercies. What a God is ours!

5. Satisfaction.

"Who satisfieth thy mouth with good things." The word "mouth" here has been also translated as "age" or "desire." There is nothing in this world that can truly satisfy us but the Lord Jesus Christ. "For He satisfieth the longing soul, and filleth the hungry soul with goodness." Psalm 107:9. As a dear saint said many years ago; "O God! Thou hast made us for Thyself and our souls are restless, searching, 'til they find their rest in Thee."

As we meditate upon these benefits and begin to experience the joy and reality of them in our lives, we cannot help but say with David, "Bless the LORD, O my soul, and forget not all his benefits."

Our strength will be renewed as the eagles. "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31.

In His wonderful love,

John D. McNeil

* * * * *

"Christ's *yesterday* was the accomplishment of redemption,—His *to-morrow* is the having His Church with Himself in glory. But He is a living Christ for *to-day*."

"Christ cannot light a single spark in the heart of an individual, without that little tiny spark being for God. He gives the light, and has ordained that every ray of it is to reflect something *for God*."

—G.V.W.

For address correction or free new name addition,
Please write to:
Leslie L. Winters