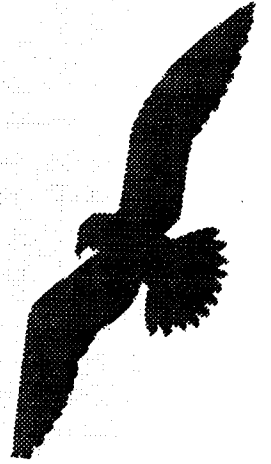


*"They shall
mount up...*

ON EAGLES' WINGS

*... with wings
as eagles."*

Isaiah 40:31



AERY NUGGETS

"Why art thou cast down, O my soul? and why art thou disquieted within me?" Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God." (Psa 42:11)

*"Wait on the LORD: be of good courage, and He shall strengthen thine heart: wait, I say, on the LORD."
Psalm 27:14*

What A Friend We Have In Jesus

*"What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Ev'rything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!*

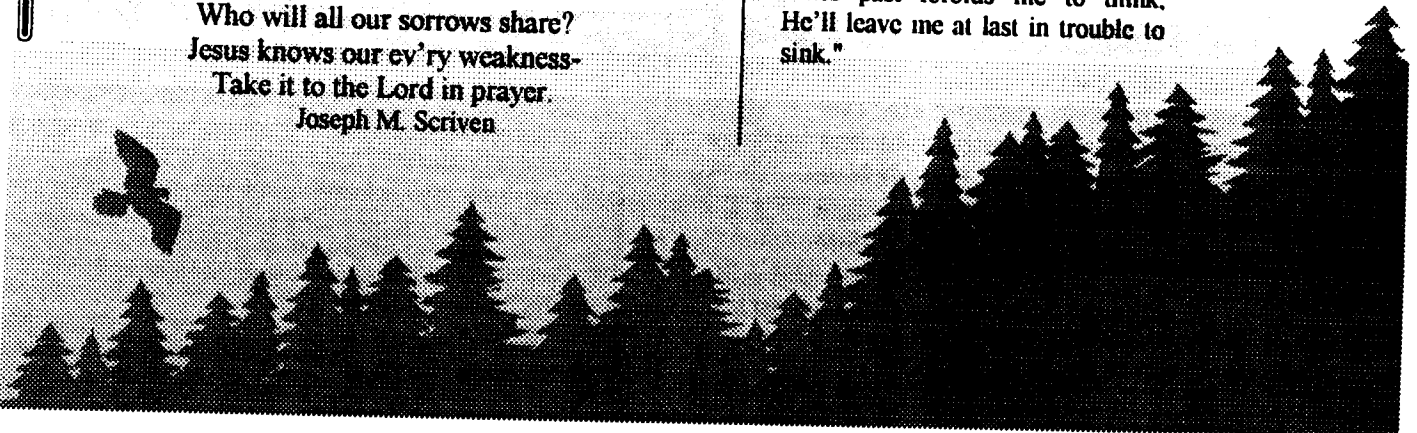
*Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged—
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our ev'ry weakness—
Take it to the Lord in prayer.
Joseph M. Scriven*

Dear Friends,

"Be of good courage!" How often we need to hear those words! It is so easy to become discouraged or cast down. As we go through life's journey our path is often beset with many obstacles. The pathway may seem to be always uphill and hard and uneven. King David experienced that and asked himself three times, *"Why art thou cast down, O my soul?"* Psalm 42:5,11; 43:5.

As the children of Israel journeyed through the wilderness on their way to Canaan, the land of milk and honey, they too became discouraged. We read that *"the soul of the people was much discouraged because of the way."* Numbers 21:4.

How can we keep from being discouraged? We have two answers given us in the verses at the beginning of this article. The first one is to *"Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God."* When we put our hope in God we will never be disappointed. *God never disappoints the faith that trusts in Him.* Hope is really trusting God, knowing that everything that He allows to come into my life is for my good and ultimately for His glory. "His love in times past forbids me to think, He'll leave me at last in trouble to sink."



The second one is to, "Wait on the LORD." This may be the hardest thing to do. Most of us, including myself, do not like to wait for something. Waiting takes patience. Waiting requires our wholehearted trust in the Lord. If our prayers do not seem to get answered right away we need to remember that God is never too early or too late. He is always on time. Sometimes we may ask God to free us from some trial or affliction that we may be experiencing. God's answer to our request may be "no." Why would He not give us our request? Because He wants us to feel our dependence upon Him. Remember even the apostle Paul prayed three times to have his thorn in the flesh removed and the answer was "No, My grace is sufficient for Thee." 2 Corinthians 12:8,9.

The most important thing we can do to keep from discouragement is to read and meditate upon the Word of God. We need to set aside a short time, preferably in the morning, to have a quiet time with the Lord. Just a short time each day to pray and read God's Word will help us from discouragement.



"My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto Thee, and will look up." Psalm 5:3. If we begin our day by looking up to God in prayer we will find ourselves encouraged in the Lord. We will begin to find a joy and delight in the Lord. "Delight thyself also in the LORD; and He shall give thee the desires of thine heart." (Psa 37:4)

Another thing that has always helped me get over any discouragement is to start singing a hymn. I remember once feeling down and very sorry for myself. It was then that I started to sing a hymn that came to my mind. Before I even finished singing it I found my heart lifted up to the Lord in praise.

We can also be encouraged by a visit, a letter or a phone call from a brother or sister. The apostle Paul writes in 2 Corinthians 7:6. "Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus." On the other hand we can also be the means of encouragement to someone



that the Lord has laid upon our heart. By phoning them or visiting them we would be fulfilling that new commandment that the Lord gave to us. "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. John 13:34. "Wherefore comfort (or encourage) yourselves together, and edify one another, even as also ye do. 1 Thessalonians 5:11.



Before the Lord Jesus went to the cross He reminded His disciples that "in the world ye shall have tribulation:

but be of good cheer (or courage); I have overcome the world." John 16:33. How good to be reminded by our Lord that though we will have tribulation in this world we are to be of good courage. Why? *Because He has overcome the world.* We only have to overcome an enemy already overcome. And how do we do that? By faith we look to Him Who gives power for all things. "And this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the son of God." 1 John 5:4,5.

Later on when the apostle Paul was in prison and his life was in danger we read that the risen "Lord stood with him, and said, Be of good cheer, Paul." Acts 23:11. In times of greatest danger and trial when we may feel alone and forsaken, the Lord is there to stand with us. Let us then hear His words to us today: "Be of good courage." (Note: The words "cheer" and "comfort" in the scriptures that I have referred to can also have the meaning of "encourage" or "courage.")

"How many times discouraged, we sink beside the way;

About us all is darkness, we hardly dare to pray;

then from the mists and shadows, the sweetest voice e'er known,

Says, "Child, am I not with thee, Never to leave thee alone?"

"Take courage, wayworn pilgrim, tho' mists and shadows hide

The face of Him thou lovest, He's ever at thy side;

Reach out thy hand and find Him, and lo, the clouds have flown;

He smiles on thee who promised, never to leave thee alone."

"No, never alone! No, never alone!

He promised never to leave me,

Never to leave me alone!"

Author unknown.

In His wonderful love,

John D. McNeil

"Is there any word from the Lord?"

Jeremiah 37:17

For Address correction or free new name addition, write to:
Leslie L Winters