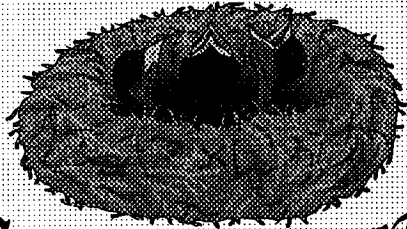
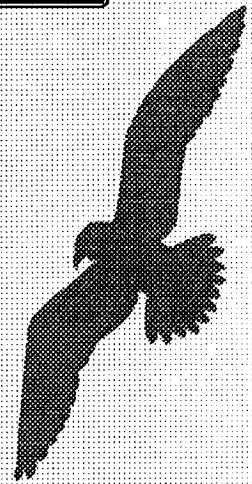


*'They shall
mount up...*

ON EAGLES' WINGS

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



AERY NUGGETS

"Let not your heart be troubled: ye believe in God, believe also in Me." John 14:1.

TURN YOUR EYES UPON JESUS

O soul, are you weary and troubled?
No light in the darkness you see?
There's light for a look at the Savior,
And life more abundant and free!

Thro' death into life everlasting
He passed, and we follow Him there;
Over us sin no more hath dominion
For more than conqu'rors we are!

His Word shall not fail you He promised;
Believe Him and all will be well:
Then go to a world that is dying,
His perfect salvation to tell!

Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely
dim
In the light of His glory and grace.

—Heleen H. Lemmel

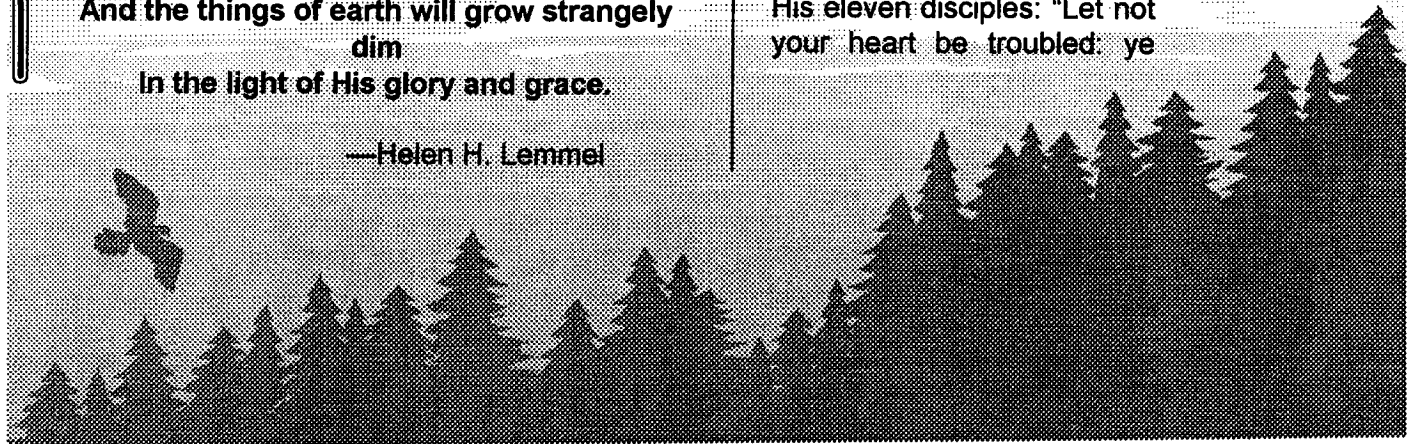
Eagan, MN 55123

Dear Friends,

Has your heart been troubled about anything today? Several days ago my heart was troubled about quite a few things. In my daily reading that morning my attention was directed to the Savior's words to His disciples: "Let not your heart be troubled: ye believe in God, believe also in Me." John 14:1,27. It was just what I needed that particular morning.

What was it that had troubled these eleven disciples? There were three things that no doubt troubled them. 1. The Lord had just told them that He was only going to be with them for a little while longer. 2. Judas had already left them to go out and betray the Lord. 3. Peter had just told the Lord that he would lay down his life for Him. But then the Lord publicly told Peter that instead of him laying down his life for Him he would deny knowing the Lord, not once, not twice but three times. As the eleven disciples heard these things we can be sure that their hearts were very troubled.

It was just at this moment that the Lord said to His eleven disciples: "Let not your heart be troubled: ye



believe in God, believe also in Me." He knew that their hearts were troubled and He also knows when our hearts are troubled.

There is much that would and often does trouble us today. We are living in perilous times and each of us may have to face difficult and trying situations. It may be our health, the loss of a loved one, or the loss of a job. But no matter what it is that the Lord allows us to go through He says to us **"Let not your heart be troubled."** These are words that we especially need to take home to our hearts. What are we to do when everything seems to go wrong and we do not know where to turn or what to do? Peter, the one who was later restored to the Lord, was inspired to give us the answer in his 1st epistle. No matter what is troubling us we are told to cast **all our care upon Him.** 1st Peter 5:7. Why? It is because He, our Savior, really cares about us. How precious that is! Yes, each of us can say, my Savior cares about me. "He knows, He loves, He cares, **nothing this truth can dim,** He gives the very best to those who leave the choice with Him." Our pain, our loss or our suffering may not go away but God will give us the needed grace and strength to go through these trials as we trust Him moment by moment and day by day. We are to take our burdens to the Lord and then we are to **leave** them there. I often have taken my burden to the Lord but have not left it there. **"Cast thy burden upon the LORD, and He shall sustain thee: He shall never suffer the righteous to be moved."** Psalm 55:22.

Sometimes the Lord may not remove the trouble or the thing that is causing us pain and suffering. A good example of this is found in the life of the apostle Paul. He experienced a real trial in his service for the Lord. He describes his suffering as a thorn in the flesh. 2 Corinthians 12:7-10. We are not sure what that thorn was but it was something he constantly felt. He asked the Lord three times to take it away but the Lord said to him, **"My grace is sufficient for thee: for My strength is made perfect in weakness."** As Paul goes on to say, "For when I am weak, then am I strong." How very true that is. As another has written, "Conscious weakness causes a saint not to dare to move without God." As one hymn writer has put it so well: **I leave it all with Jesus,** for He knows how to steal the bitter from life's woes; How to gild the tear-drop with His smile, Make the desert garden bloom awhile: **When my weakness leaneth on His might, all seems light.."** Ellen H. Willis

Before the Lord Jesus once again reminds His disciples that they are not to have troubled hearts He tells them that He is leaving something with

them. **"Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you."** The peace He has left with us is the result of the work He accomplished on the cross. "It is finished", He cried. John 19:30. When we accept Christ as our Savior we then have "Peace with God." Romans 5:1. This peace that He has *left* with us can never change. The peace that He *gives* to us is the same peace that He enjoyed while doing the will of the Father. The enjoyment of this peace that He gives to us depends upon our casting **all our care, all our problems** upon Him. "Thou wilt keep him in **perfect peace** whose mind is stayed on Thee **because He trusteth in Thee."** Isaiah 26:3.

May the Lord help each of us day by day, moment by moment to take **all our burdens and all our cares** to the One Who has loved us with an everlasting love and has promised us that He **will never leave us or forsake us** so we can say, The Lord is my helper, and I will not fear what man shall do unto me." Hebrews 13:5,6. This is the cure for troubled hearts.

"My times are in Thy hand;
Father, I wish them there:
My life, my soul, my all,
I leave entirely to Thy care.

"My times are in Thy hand,
Whatever they may be,
Pleasing or painful, dark or bright,
As best may seem to Thee.

My times are in Thy hand:
Why should I doubt or fear?
A Father's hand will never cause
His child a needless tear.

—W.F. Lloyd

In His wonderful love,

John McNeil

"The path of strength . . . is the being made sensible of our own weakness, so that divine strength, which will never be a supplement of flesh's strength, may come in."

—J.N.D.

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