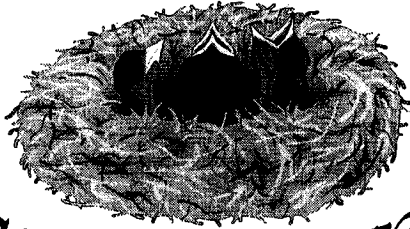


*"They shall
mount up...*

ON EAGLES' WINGS

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



AERY NUGGETS

"Cast thy burden upon the Lord, and He shall sustain thee: He will never suffer the righteous to be moved." Psalm 55:22. **"Casting all your care upon Him; (why?) "Because He careth for you."**
1 Peter 5:7.

O SAVIOUR, WHOSE MERCY

O Savior, whose mercy, so faithful in kindness,
Has chasten'd my wand'rings and guided my way,
Adored be the pow'r that illumined my blindness
And weaned me from phantoms that smiled to betray!

I thought that the course of the pilgrim to heaven
Was bright as the sun and as glad as the morn:
Thou showedst the path, -- it was dark and uneven,
All rugged with rock and all tangled with thorn!

Subdued and instructed through grace in contrition
Earth-hopes and earth-longings I fain would resign:
O give me the heart that can wait in submission,
Nor know of a wish or a pleasure not Thine!

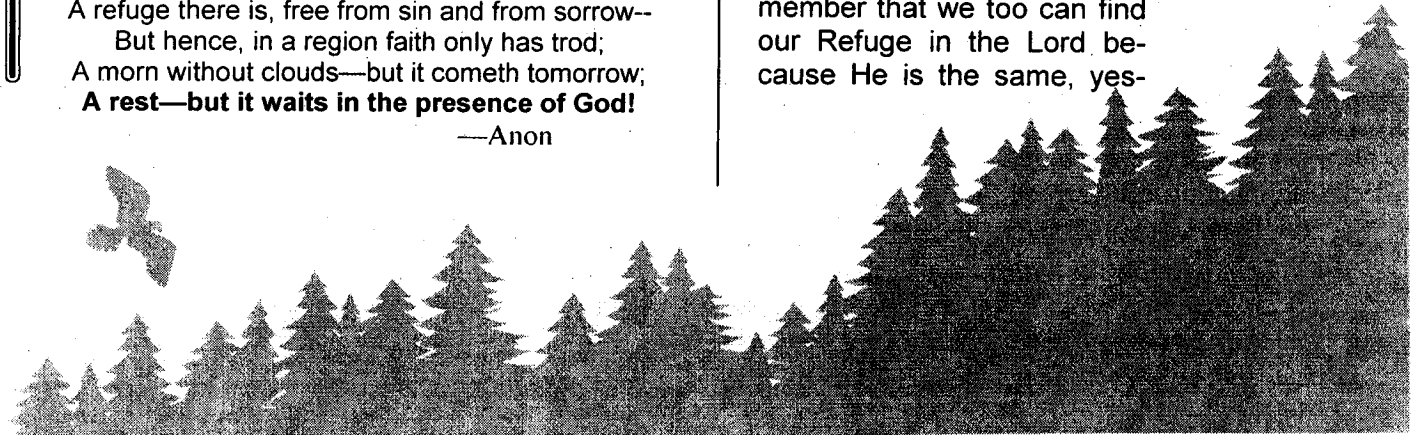
A refuge there is, free from sin and from sorrow--
But hence, in a region faith only has trod;
A morn without clouds—but it cometh tomorrow;
A rest—but it waits in the presence of God!

—Anon

Dear Friends,

How good it is to be reminded that we need to cast **all** our cares, **all** of our burdens upon the Lord. One verse in the Old Testament and one in the New Testament remind us to cast our burdens, our cares upon the Lord. David wrote the first one and the apostle Peter the second one. Psalm 55 could have been written by King David when he was fleeing from Absalom, his wicked son. See 2nd Samuel 15-18. He also writes in this psalm these words: "Oh that I had wings like a dove! For then would I fly away, and be at rest." Psalm 55:6. There have been times in my life when I have felt like that. Perhaps my reader has also felt like that sometimes. What hurt David so much was that it was his own son that had turned against him.

But David found strength in turning to the Lord. He also wrote in this psalm these beautiful words: "As for me, I will call upon God; and the Lord shall save me. Evening, and morning, and at noon, will I pray, and cry aloud: **and He shall hear my voice.**" Verses 16,17. David found his true refuge in the Lord. It is good for us to remember that we too can find our Refuge in the Lord because He is the same, yes-



terday, and today and forever. The Lord, too, will hear our voice.

It may be that it was when David was fleeing from Absalom that he also wrote these words; **"Cast thy burden upon the Lord, and He shall sustain thee: He will never suffer the righteous to be moved."** Psalm 55:22. What does it mean to cast our burden upon the Lord? It really means to throw off and away from us anything that is causing us to be worried or anxious. How do we do that? It is by simply taking our worries and problems to the Lord in prayer and then through His help leaving all those problems and worries with Him.

Peter in his first epistle reminds believers that even though they would go through some fiery trials they were to rejoice that they would then be counted as partakers of Christ's sufferings. 1 Peter 4:12-15. As noted in the heading of this paper it was Peter who wrote these words: **"Casting all your care upon Him; (why?) "Because He cares for you."** 1 Peter 5:7.

One translation puts it this way **"Casting the whole of your care—all your anxieties, all your worries, all your concerns, once and for all – on Him; for He cares for you affectionately, and cares about you watchfully."** At the time that Peter wrote these words many Christians were being persecuted for their faith in the Lord. That is also what is true today in many countries.

God's Word has told us that in the "last days perilous times shall come." Are we in those perilous times? Yes, we are. The Bible lists nineteen things that will characterize those perilous times. See 2nd Timothy 3:1-5. Read what is in the newspapers for a week and you will find that most if not all of the things mentioned in the list are with us today.

So we are in the last days. Things will not for the most part get better. How important then it is not to become anxious and troubled but with the Lord's help learn to take our **burdens** to the Lord and to cast **all our care** upon Him.

I have found in my own walk with the Lord that one thing is absolutely necessary if I am to take my burdens to the Lord and cast all of my care on Him. That one thing is to take some time each day to be with the Lord and hear Him speak to us through His Word.

We see a wonderful example of that with two sisters, whose names were Mary and Martha. Read Luke chapter 10 verses 38-42. Martha had received the Lord Jesus into her house. We then read that

Martha was overly cumbered or distracted about much serving. What was Mary doing? She was sitting at Jesus' feet listening to His words. Martha said to the Lord Jesus: "Lord, dost Thou not care that my sister hath left me to serve alone? Bid her therefore that she help me."

What then did the Lord Jesus say? "Martha, Martha, thou art careful and troubled about many things: **but one thing is needful and Mary hath chosen that good part, which shall not be taken away from her."**

There are many things that can trouble our hearts today. We each need to take some time each day to "sit at His feet" and let the Lord speak to us through His Word. Even if it is only a few minutes we will find that we will grow in grace and in the knowledge of our Savior. Then as we lift our hearts to Him in prayer and thanksgiving we will be encouraged to **take our burden to the Lord and to leave it with Him.**

Take my life, and let it be
Consecrated, Lord, to Thee;
Take my hands, and let them move
At the impulse of Thy love.

Take my feet, and let them be
Swift and beautiful for Thee;
Take my voice, and let me sing
Always, only, for my King.

Take my lips, and let them be
Filled with messages for Thee;
Take my silver and my gold.
Not a mite would I withhold.

Take my love, my God, I pour
At Thy feet its treasure store;
Take myself and I will be
Ever, only, all for Thee.

—Frances Havergale

In His love,

John D. McNeil

For address correction or free new name addition,

write to:

Leslie L. Winters

or

Christine Albury