

*"They shall
mount up...*

ON EAGLES' WINGS

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



AERY NUGGETS

O God, we acknowledge
Thy greatness, Thy glory,
For of Thee are all things
On earth and in heaven;
How rich is Thy mercy,
How great Thy salvation!
We bless Thee, we praise Thee,
Amen, and amen.

—M. Bowley

**"By the word of the Lord were the heavens made:
and all the host of them by the breath of His
mouth." (Ps. 33:6")**

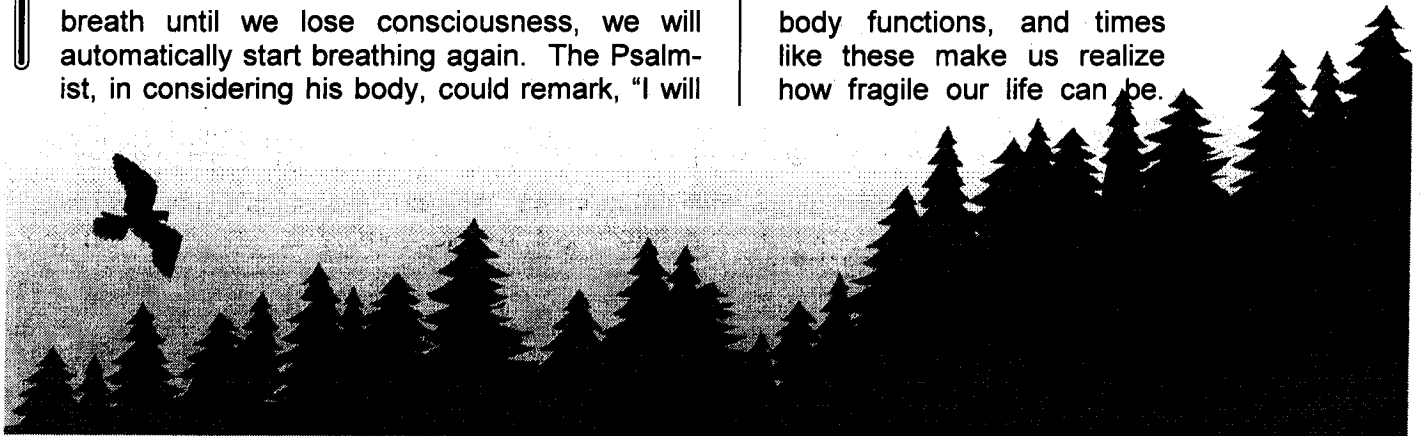
Dear Breathers,

Have you ever heard or used the exclamation, "Well as I live and breathe!" How true it is that if we are to continue living, so we must keep drawing one breath after another. Our bodies are so constituted that even if we hold our breath until we lose consciousness, we will automatically start breathing again. The Psalmist, in considering his body, could remark, "I will

praise thee (the Lord); for I am fearfully and wonderfully made." (Ps. 139:14).

Why do we breathe? Perhaps the main function is to provide oxygen for our blood to enable it to provide the various nutrients which our bodies need to fulfill the requirements of life, though there is another mechanical use which is also important and which we will explore. As you might be aware of, "The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." (Gen. 2:7).

Our inhaling and exhaling of air is basically regulated by our body mechanisms according to the needs created by exertion, emotions or other factors, though we can breathe at will as long as we set our mind to it. Recently I had a breathing experience wherein I couldn't seem to get enough air. Such times make one realize, as our friend Job did, when he said, "Who knoweth not in all these things that the hand of the Lord hath wrought this? In whose hand is the soul of every living thing, and the breath of all mankind." (Job 12:9 & 10). So the Lord does have the ultimate control of our body functions, and times like these make us realize how fragile our life can be.



As a result of man's frailty we have been exhorted by the words, "Put not your trust in princes, nor in the son of man in whom there is no help. His breath goeth forth, he returneth to his earth." (Ps. 146:3 & 4). And again, "Cease from man, whose breath is in his nostrils: for wherein is he to be accounted of?" (Isa. 2:22).

The Apostle Paul, in remonstrating with the Athenians over their worship of the UNKNOWN GOD, drew their attention to the fact that, "God, that made the world and all things therein . . . Neither is worshipped with men's hands . . . seeing he giveth to all life, and breath and all things." (Acts 17:24 & 25).

Supplying our body's need with oxygen isn't the only purpose for drawing our breath. Ps. 150:6 gives us another purpose, with the directions, "Let every thing that hath breath praise the Lord." And again, "By him therefore let us offer the sacrifice of praise to God continually." (Heb. 13:15). What a blessed use of our breath.

Along with praise, how good and necessary it should be for us to seek guidance and help for our walk through this scene. May it be true of us, as the Psalmist writes, "My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up." (Ps. 5:3). "I cried unto the Lord with my voice, and he heard me out of his holy hill." (Ps. 3:4).

Exhaling can also be used to carry on a discussion such as we find taking place from the words, "Then they that feared the Lord spake often one to another." (Mal. 3:16). And again, "Therefore brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle." (II Thes. 2:15). "Speaking to yourselves in psalms, and hymns and spiritual songs, singing and making melody in your heart to the Lord." (Eph. 5:19).

Having an extreme desire for something can be likened unto drawing deep and rapid breaths. "I opened my mouth and panted: for I longed for thy commandments." (Ps. 119:32). How good if this were more true of us. "As the hart panteth after the water brooks, so panteth my soul after thee, O God." (Ps. 42:2).

Not all sounds formed by exhaling our breath form words, nevertheless a message can be discerned from what is heard, and I refer to sighing; which can express sorrow, boredom or pain.

a) "The children of Israel sighed by reason of the bondage, and they cried, and their cry came up unto God by reason of the bondage." (Ex. 2:23).

b) "Let the sighing of the prisoner come before

thee." (Ps. 79:11).

c) "And he (Jesus) sighed deeply in his spirit, and saith, Why doeth this generation seek after a sign." (Mk. 8:12).

The last and perhaps most impressive use of the spent air which we exhale is in singing. By this means we can express sorrow, give comfort, tell stories, and voice praise through words combined with varying tones. A few examples follow.

a) How shall we sing the Lord's song in a strange land?" (Ps. 137:4)

b) "Is any merry? Let him sing psalms." (James 5:13).

c) "Then believed they his words; they sang his praise." (Ps. 106:12).

d) "I will sing with the spirit, and I will sing with the understanding also." (I Cor. 14:15).

While God has given to all mankind life and breath, He will also give eternal life and breath to those who acknowledge their lost and sinful condition before God, and trust in the Lord Jesus Christ as the One who shed His blood on Calvary's cross for their salvation.

I trust these few feeble thoughts will help us all to realize more the preciousness of that vital function of our bodies and use it more to honor and glorify our blessed Lord and Friend.

O Lord, we adore Thee,
For Thou art the slain One
That livest for ever,
Enthroned in heaven;
O Lord, we adore Thee,
For Thou hast redeemed us;
Our title to glory
We read in Thy blood.

—F. Naylor

Yours for more profitable breathing,

Leslie L. Winters

For address correction or free new name addition,

write to:

Leslie L. Winters

or

Christine Albury