

The Only Way to Fly

*Those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and
not grow weary, they will walk and not faint.*

Isaiah 40:31

“Energy,” I thought, “What I need is energy.” I was feeling more than a little tired and I knew that there was more that I needed to do before I could call it a day. But I was not just tired, I could tell that I was feeling a little discouraged. There is nothing like discouragement to take the wind out of your sails. I was alone in the office looking at my “to do” list and trying to organize what lay yet ahead. But there was a “stop” in my spirit. So that’s what I did. I stopped, put my feet up on the desk (sorry mom) and waited. Wow, those little pauses in life! Just taking ten minutes out to rest, think and pray; something happened in my heart. Just acknowledging the Lord and asking for help brought release. I felt refreshed and renewed. All of this reminded me of the verse above.

In the King James translation of the Bible it says that they that wait upon the Lord shall renew their strength. Our translation above (NIV) says those who hope in the Lord will renew their strength. Both of those words are contained in the meaning of Isaiah 40:31. Don’t forget, biblical writers chose their words very carefully under the anointing and inspiration of the Holy Spirit. There is a secret for strength and renewal contained in this revelation. The root of this word means to bind together as in twisting. Think of a rope and taking two strands and twisting them together. What did Isaiah reveal to us as being twisted together to make a strong cord? Hope and waiting. To hope means to look with eager expectation. That’s the exact Hebrew translation. And to wait means to stop and wait for help. According to Isaiah, the one we are putting our hope in and waiting for is the Lord. What does this all mean to you?

There seems to be a lot of pressure on people’s lives. We live with the expectations of others and we put major demands on ourselves. We are all prone to fatigue but we’re especially vulnerable to discouragement. We need to stop, wait, pray, and trust God. The Lord is able to do exceedingly great things, so we need to stop and lean on him. We need to take a few moments, throughout our day and just drain out our soul. Relax and let go of the pressure. Give it to Jesus. Sound strange? It’s not. I’ll never forget reading about how King David, after coming back to camp, found out that his wife and possessions and all the wives and possessions of his men had been taken while they were out to war. David’s men were mad and talked about stoning him. But I Samuel 30:6 reveals something. “David was greatly distressed because the men were talking about stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength (literally waited upon) in the Lord his God.” One version says that David turned aside and refreshed himself in the Lord. This battle turned out to be pivotal. Not only did they get their wives and possessions back but this was the last battle before David became King. It was crucial to stop and wait upon the Lord until his hope was renewed so that he could win the battle. How crucial is it for you to stop, wait, pray, believe and get your hope (expectation) renewed? It’s the only way to run the race. It’s the only way to walk and not be weary. It’s the only way to fly!