

Thought for May 21st Ascension Day

Isaiah 40:31

“but 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 be faint.”

This is one of my all-time favourite verses and repeating it with every step helped to get me to the top of Mount Kilimanjaro!

It's interesting that we associate good with 'up': we look up at a beautiful sky, to heaven, to God; we climb up to see a beautiful view, even climbing mountains can be good – for the soul if not the aching joints!

Many bible verses encourage us to look up – perhaps this helps us to get a new view, a new perspective on the world, to lift us from our earth-bound concerns and see the glory that is around us.

Eagles soar high above - seeing the world from their lofty vantage point, carried on thermals and strong wings. In this verse, God promises to support us if we hope in Him, giving us energy and hope to soar for Him, even when we feel at the end of our human strength.

Psalms 121 is called a Song of Ascents. It is a beautiful assertion of God's care for us. If you are feeling a bit down or worried about the present situation, read this Psalm and 'lift your eyes' to the Mighty Creator who cares for each one of us and will 'renew our strength' if we focus on Him and all that is good.

Dear Lord, help us to trust in your strength and to see the world from your perspective. Give us the energy we need to live our lives for you and to always see the beauty around us. Amen.

Hilary Swift May 2020