

They Shall Renew their Strength!

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27/03/2011

INTRO - We need context in our life

- Ned to perceive/have self awareness, -individual and group Spiritual journey of life
- **Prov 29:18** vision, revelation, mentally perceive or perish
- **Context eg.**
 - **The tide is rising ignore the waves (context)**
 - **The frog in hot water**
- **Context North American Treadmill** (pot we live in) use energy but get nowhere
 - **Lifestyle too busy (studies)**
 - **6 hrs a day internet, mobile, TV**
 - **10 hrs personal care**
 - **9 work, commute**
 - **what about developing relationships? time with children?**
- Developing a relationship takes time
 - **Crazy myth** 6-7 years ago- the amount of time with children just the quality
 - Misleading children/parent needs both or negative consequences
 - **(context)-NA treadmill has affected our priorities!**

Where does our strength come from?

- We need to continually receive God's power and direction
- Power and direction in different Baptisms
- Need to spend time with God to get the strength we need and direction
- Communion with God (He is the source plug into it regularly!)
- Not a religious exercise
- Nurture a relationship with Father, Son and HS

4 ASPECTS TO EMBRACE

1. Wait and renew Strength – Isa.40:28-31

- **What does wait on the Lord mean?**
 - **Bind together by twisting, to gather together, look patiently, tarry wait for there is an element of time together that is needed**
- **How does our strength get renewed?**
 - **We want to soar like the eagle not automatic, much to learn from the eagle.**
 - **Physical analogy of spiritual truths to embrace**
 - i. **the Eagle lives in a quiet and safe place**
 - ii. **Lives in high perch where the wind is strong**
 - iii. **it can see dangers and source of food for miles (amazing sight)**
 - iv. **Eagle uses energy that is freely given by the wind**
 - **Gen 1:2 the Spirit (*roo'-akh, wind; life*)**
 - i. **Eagle waits for the wind patiently**
 - ii. **Eagle in the air for hours in air currents thermal updrafts to aide their flight.**
 - iii. **Power to soar not its own strength**
 - iv. **Finally it leaves the nest it trusts the wind (HS) they become as one**
 - v. **The eagle holds its position and the wind does the rest (2 Chron 20:17chronicles) and the wind carries the eagle, little effort by eagle**
 - **The eagle has a relationship with wind. It spends hours with wind. It knows and trusts the wind**
- **Developing a relationship takes time! And quality time**
 - **Eagle's plummage transformed 8 times in lifetime most of any North American bird.**
 - **2 Cor 4:16 we are renewed day by day....They that wait on the Lord shall....**

2 - The Importance of being Still - Ps 46:10

- **Still** (abate, cease) **Hebrew word Still** *mend, cure* heal, repair, make whole.
 - **The eagle is still for long time waiting for the right time to catch the wind**
 - **Context -NA treadmill does not value being still**
- *Ps 37:6-8 - Active part not to fret, worry, or anger etc*
 - **Context - NKJV Mat 6:33-34 Don't worry about tomorrow**

3 - Presence & Joy - Ps 16:11

Have you ever experienced God's presence? How did it feel?

- **What is His presence? paw-neem' countenance, face, person, in sight, appearance**
- **NKJV Ps 21:6**
- **When you are in His presence you get joyful**
 - **Ever noticed when you are with someone you can get into the same mood**
 - **Website laughing babies**
 - **Anger road rage transference takes place**
- **Imagine being in the presence of God creator of the universe. Joy, Joy, Joy**
- **Whatsoever things are lovely etc. dwell on these Phil 4**

4 - Joy and strength -Nehemiah 8:10

- **Powerfulness; abundance, firm; vigor, force, capacity, hardiness substance, wealth.**
- **Ever noticed when oppression dissipates joy comes and we have strength do things again Mat 11:28-30**

Altar call - Making a Decision to Change

HOW CAN I SOAR LIKE AN EAGLE WHEN I AM SURROUNDED BY BUZZARDS?

- **Buzzards keep you from God**
- **Soar like the eagle and get rid of the buzzards**
- **Wait, Be still, get His presence get Joy and get strength and direction**
 - **We need quality time with God! Change your priorities**
- **Do you want to change?**
 - **Purpose it in your heart, Believe you can**

Questions to Consider

1. What distractions in your life keep you from spending time with God?
2. What do you think can help you get rid of distractions/buzzards?
3. When you do spend time with God, do you receive strength and Direction?
4. Where and how do you get power to soar like the eagle?
5. What motivates you to develop a relationship with God?