

## Waiting On The Lord

This past Sunday I listened to a sermon and want to share some thoughts that I think are helpful for all of us.

The passage is from Isaiah 40 “those who wait on the Lord shall renew their strength they will soar on wings like eagles; they will run and not grow weary, they will walk and not grow faint.” What a powerful image! The preacher talked about waiting on the Lord. I guess that resonates for me because it is not something that I find easy to do. I want answers and I want them yesterday! However, when I think about it and look at Jesus example, it becomes clear that Jesus always took time to get away from the crowds to pray and recharge. Then he was able to continue his mission of teaching, healing and proclaiming God’s kingdom of love and forgiveness.

So what does it all mean to us? How do I wait on the Lord? Well I would suggest it is not difficult. It requires taking time to sit in God’s presence. It is how we can begin our day. Begin by inviting God to join you and ask Holy Spirit to open your heart and to stop all the chatter in your mind. As Perry has said before a mantra that is meaningful might be helpful. Then sit in silence. When I have tried this I have set an alarm for 5 minutes to begin so I am not wondering if I have sat long enough!! In time it becomes easier and the alarm does not seem necessary. God loves her people to spend time with her. She knows all that is in your heart – the struggles, the challenges. She will “renew your strength.”

In another week we will begin our Lenten journey. I would like to suggest you try to spend time each day in God’s presence. I know many do this without any difficulty while others like me have to work at it. Share your joy and pain and be assured God will hear and will respond. You may be surprised at what you learn about yourself. God is waiting!

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