

On Eagles Wings: 3

Rise Up on the Wings of Rest

Psalm 61.2-4

“From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. For You have been a shelter for me, A strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah” Psalm 61.2-4

In this lesson we will expound the theme of waiting on God and discover what it means for us.

To wait is to rest.

Strength comes as we rest, this is why doctors tell us to rest if we get sick, they use the term *rest and recuperation*. Waiting on God is resting in Him.

In our text verse it says

“when my heart is overwhelmed, lead me to the rock that is higher than I”

We have seen previously that the eagle lifts her young up high and makes a nest in the heights of the rock. She knows the place of safety and refuge, where no predator can attack her young.

overwhelmed, wearied, troubled, cast down, afflicted? – we need to be lifted to the high rocky place where we can shelter and find rest. Jesus is that rock, when we come and wait on Him we find rest and recuperation.

“Come to Me, all you who labour and are heavy laden, and I will give you rest” (Matthew 11.28)

He lifts us on the wings of rest to a place of refuge and safety

- A place of refuge and safety is like a fortress, a strong tower, a place where the enemy cannot infiltrate and get to us.
- A place that affords us shelter from the arrows that the enemy may shoot.

David went on say in the Psalm:

“You have been a shelter for me, a strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings” (Psalm 61.3-4)

David says that the place of shelter is in His wings – the Wings of Rest.

Psalm 91.4

This verse says we shall take refuge under His wings. But first we must rise to the place in the rock, He lifts us on the wings of rest:

“He who dwells in the secret place of the Most High, shall abide under the shadow of the

Almighty" (vs1)

In the secret place of His presence we can wait on Him, rest in Him.

In that secret place there is deliverance:

- from the snare (traps) of the fowler – a fowler was a catcher of birds, a human predator.
- from perilous pestilence
- from terror
- from the arrow
- from destruction
- from evil
- from the plague

In Exodus 33.14 God tells Moses "My presence will go with you and I will give you rest" Wherever we find the Presence of God, that secret place, we find rest.

There are other Scriptures that tell us about the refuge we find in His wings:

Psalm 36.7

Psalm 17.8-9

Ruth 2.12

Psalm 55.4-8

- David reflecting on his troubles in this Psalm says that he feels severely pained within himself because of the affliction and troubles and horror that have overwhelmed him.
- Then his thoughts turn to the birds that rise up and he says "*Oh that I had wings like a dove! I would fly away and be at rest*" (vs6).
- He finishes, at the end of this psalm, by turning his thoughts to the Lord – cast your burden on the Lord and He will sustain you.

When we get under the wings we find rest and sustenance – our sorrow and weariness soon becomes a time of rejoicing as we take refuge and wait on Him.

"Because You have been my help, Therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me" Psalm 63.7-8

When you're feeling overwhelmed by trouble and affliction – rise up on the wings of rest and come to that secret place where you can throw it all off on to Jesus and find rest and recuperation for your soul.