

# MAKE YOUR HEART SOAR LIKE AN EAGLE

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## **Text: Isaiah 40:28-31**

Are you tired of coming to church and leaving without feeling that things are different? Do you go through the week feeling drained every step of the way? Would you love to feel lifted up and blessed by God? If so, I have the answer. Worship! Worship is possibly one of the greatest, if not the greatest means of receiving spiritual blessings.

In our Bible reading Isaiah writes, "But those who wait on the Lord shall renew their strength." This word wait does not imply a passive hope-so attitude. But rather it implies an intensive focus on the Lord -- an anticipation of His presence and His blessings. It is above all an excitement about Him!

Timothy J. Christenson said this about our worship, "If worship is just one thing we do, everything becomes mundane. If worship is the one thing we do, everything takes on eternal significance." (Rowell, 183)

Daniel Baumann had this to say on the subject, "Worship is a stairway on which there is movement in two directions: God comes to man, and man goes to God." (Rowell, 183)

We must come to grips with the fact that worship without intensity and interaction with God is dead and dry. And if it is this way, it is because we have made it so. On-the-other-hand worship from the heart is life-changing. In fact, it is the greatest means we have available to us, as Christians, for the renewal and strengthening of the soul.

### **Worship: Strengthens**

**Opens**

**Assures**

**Refreshes**

## **I. WORSHIP STRENGTHENS THE HEART.**

### **A. We are made strong by humbling ourselves before the Lord in worship.**

I Peter 5: 6-7, "Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you."

### **B. We are made strong by the Lord, the One who is our strength.**

Psalm 28:7-8, "The Lord is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him. The Lord is their strength, And He is the saving refuge of His anointed."

## **II. WORSHIP OPENS THE HEART.**

### **A. Worship helps us to be more sensitive to the move of the Spirit.**

Many times we miss the move of the Spirit because we are not tuned into what the Spirit is saying to us. We have our minds too much on the matters of this world.

Tim Hansel in When I Relax I Feel Guilty writes: An American Indian was in downtown New York, walking with his friend who lived in New York City. Suddenly he said, "I hear a cricket." "Oh, you're crazy," his friend replied. "No, I hear a cricket. I do! I'm sure of it." "It's the noon hour. There are people bustling around, cars honking, taxis squealing, noises from the city. I'm sure you can't hear it." "I'm sure I do." He listened attentively and then walked to the corner, across the street, and looked all around. Finally on the corner he found a shrub in a large cement planter. He dug beneath the leaves and found a cricket. His friend was astounded. But the Cherokee said, "No. My ears are no different from yours. It simply depends on what you are listening to. Here, let me show you." He reached into his pocket and pulled out a handful of change -- a few quarters, some dimes, nickels and pennies. And he dropped it on the concrete. Every head within a block turned. "You see what I mean?" he said as he began picking up his coins. "It all depends on what you are listening for."

Not only must Christians have "ears to hear" (Matt. 13:9), but they must learn what to listen for. (Larson 1993, 240)

**B. Worship helps us to be more receptive to the Lord's work in our heart.**

"Both the desire and ability for true service flows from spiritual worship." (Gibbs, 245)

**III. WORSHIP ASSURES THE HEART.**

**A. Focusing on the Lord reminds us of His greatness.**

The Psalmist said in Psalms 48:1, "Great is the Lord, and greatly to be praised."

David said in Psalms 86:10, "For You are great, and do wondrous things; you alone are God."

**B. Focusing on the Lord reminds us of His care.**

Isaiah wrote in verse 28, "Have you not known? Have you not heard? The question is, "Have we forgotten who we serve?" As we magnify the Lord and recognize who we serve our problems will become smaller and surmountable. "The eagle that soars in the upper air does not worry itself how it is going to cross rivers." Gladys Aylward (Rowell, 182)

**IV. WORSHIP REFRESHES THE HEART.**

**A. Worship brings us into the presence of the Lord and it is the presence of the Lord which refreshes us.**

Oswald Chambers writes, "The reality of God's presence is not dependent on any place, but only dependent upon the determination to set the Lord always before us." (Chambers, 147)

**B. If the Lord is the source of our refreshing then it is impossible to be spiritually refreshed without worshipping Him.**

## CONCLUSION

In World Christian, John Huffman describes one unforgettable moment with his daughter. He had been away from home for several weeks on an overseas missions trip. When his airplane landed, he could hardly wait to see his wife and four children, but he and the other passengers were detained in customs for two hours. Finally the customs officials allowed Huffman to proceed to the lobby, where hundreds of people were anxiously waiting for family and friends. Huffman writes:

There was such a press of bodies, I knew I would not be able to pick my children out until I walked up the ramp, past security, and got out into the open. But my three-year-old daughter, who had managed to squeeze her way to the front of the crowd, began screaming at the top of her lungs, "Daddy! Daddy! That's my daddy!" She must have shouted that at least five times, when suddenly she broke free from the crowd, and bolted past the security guards, still yelling, "Daddy! Daddy! That's my daddy!" She literally flew into my arms and began kissing and hugging me. What a welcome! I have never felt so loved and acknowledged in my life. It was a wonderful, fulfilling moment that even today brings a warm and happy feeling.

That, says John Huffman, is what God feels like when we acknowledge Him in worship. (Larson 1996, 11)

Take time to worship and adore Him and your heart will SOAR like an eagle!

### References

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