

“Rise With Healing on Your Wings”

Several weeks ago Pastor Tom gave me the readings for this week, and as I began to reflect on the readings I was really touched, moved and inspired by the scripture from the first reading from Malachi... *“But you who revere my name, the sun of righteous shall rise, with healing on its wings...”*

So today the topic of my sermon is “Rise with Healing on Your Wings.”

It is my intention to be short, be brief, and be gone and to leave you with three divinely inspired messages which are:

Give thanks.....Rise up and heal.....Celebrate.

Everyday we have the opportunity through God’s grace and mercy, to rise up with healing on our wings and to be thankful. Everyday we have the opportunity to celebrate.

GIVE THANKS

As we move into this season of thanksgiving, I know that there are areas of our lives for which we are so grateful. As a community of believers, we share a common destiny. As we move into this season of thanksgiving and other holidays, let us cultivate an attitude of gratitude. So let us start this day by giving thanks. What one shares the other shares. When we cultivate a collective attitude of gratitude, there is an energy around us that allows and attracts more things in our lives to be grateful. So this at this time I want you to turn to your neighbor and to share what you are grateful for by saying “We are grateful for....”

RISE UP AND HEAL

But you who revere my name, the sun of righteous shall rise, with healing on its wings...

I have been often asked, "If you were an animal, what animal would you be?" And my answer is always "I'd be an eagle." I like birds. I like the freedom of flying. I like having a bird's eye view. And everyone that works with me can tell you I like to know everything that is going on. But eagles are special birds. They are powerful, tender, and nurturing birds. Eagles just don't fly...they rise up mightily and soar. I would be an eagle, especially at this time of year I surely would not be a turkey.

If you come into my office, I have a Mola from Panama of an eagle, with her wings spread rising up, that I have kept in my office for 22 years through numerous positions and organizations. This Mola always reminds me to rise up with healing on my wings, revering the name of God, to move me through, over, around, under what ever the challenge is.

Eagles fly by using energy to push its wings downwards, to push air downwards and upwards and to generate lift and thrust. Birds have lots of adaptations for flight – hollow, light strong bones, light feathers to catch the air, the ability to fold their wings when they are not in use, and efficient lungs.

Like eagles, we too have mechanisms for flying and soaring and adaptations for living a life with grace and ease. Those mechanisms include a healthy body, a strong mind, clear emotions and a divinely guided spirit to support us in rising up and with healing on our wings.

Sometimes our bodies become sick, our minds become weak, our emotions become messy and we don't have faith in our relationship to God and to Spirit.

Like the eagle soaring, we use the adaptations that are available to us, through prayer and meditation, we can rise up with healing on our wings.

Implicit in rising up is healing. Healing is defined as - to make sound, well, or healthy again; to restore to health; to free from grief, troubles, to remedy or get rid off; to make up; and to reconcile...

At CFLS we have the opportunity to witness seeing families who rise up with healing on their wings. And I will share with you a story of one family who rose up with healing on her wings.

In July of 2005 Ms. Jones moved with her three grandchildren, (ages 3,5,6) into Community Family Life Services Trinity Arms transitional housing program. The family was on public assistance and the children welcomed the stable and loving environment as they had already experienced a lot of drama in their young lives.

Through the continuum of care model at CFLS the family was able to grow and become self-sufficient and independent. Ms. Jones received case management services and life coaching around goal setting, financial management, parenting, increase of income, permanent housing, therapy services, and more. Ms. Jones was very active in our weekly support groups, and she participated with the children in our monthly book club. She also successfully completed an 8 week parenting class. The children were involved in our Youth Services, after school program, which they truly enjoyed, and they received therapy on a regular basis. Ms. Jones attended church here at First Trinity.

The family successfully completed the transitional housing program and moved into market rate permanent housing. During her stay at Trinity, Ms. Jones was able to triple her income and to enroll all three of the children into a very successful Charter School. Two CFLS staff members recently had the opportunity to meet with the school teachers to get an update on the children's progress. We heard only wonderful reports. These are truly the moments when you appreciate being in the social service field.

But you who revere my name, the sun of righteousness shall rise, with healing on its wings.

And like Ms. Jones, we too have the opportunity to rise up with healing

And where do we desire healing in our own lives. Do we desire healing in our thoughts, our emotions, our physical world, in our spiritual beliefs? How do I rise with healing in my wings ... God you say in Malachi "But you who revere my name shall rise, with healing on its wings."

Physical Healing

God can heal you in the physical realm. Ask God right now to heal this tired aching body. Ask God right now to be healed of this chronic disease. God I know you are the physician. God please heal the lack and limitation in my life. *Rise Up My Physical Affairs God with Healing on Your Wings!!!! Rise Up My Body God with Healing on Your Wings.*

Mental Healing

And if our thoughts are not clear, we create challenges in our lives. You can ask God right now to heal my mind so that my thinking is clear and my mind is pure. We can always ask God to heal our minds so that we can co-create a world with God that is a reflection of the grace and mercy that is available to us. The Holy Spirit can move us in adapting our lives like eagles to *Rise Up My Mind God with Healing on Your Wings!!!!*

Emotional Healing

Or is it in the realm of my emotions that you desire healing? Ask God to heal you from this grief, depression, fear, and loneliness. Ask God to heal you right now from Worry, Doubt, and Disappointment. Ask God to heal you right now from feelings of frustration, irritation, and impatience. Ask God right now for support in forgiving yourself for those things that that you beat up on yourself for. Ask God for forgiveness from the judgments that you hold against others. Ask God right now to heal your relationships so that you can experience the state of pure unconditional love and be at peace in your emotions. Ask God to heal you right now so that you do not have to feel guilt shame or doubt about any aspect of your life. *Rise Up My Heart and Emotions God with Healing on Your Wings!!!!*

Spiritual Healing

God please heal my relationship with you. Show me how to fully rely on you. Show me God how to trust you more completely. Show me how to listen to you and to talk with you. Remind me God that you are always there. Where are the places on my life that I have not healed in myself so that I can be loving and acceptable of all that I am.

Rise Up My Spiritual Life God with healing on your wings!

God you said “ask and you shall receive.” Today I know with confidence that you are true to your word and my prayers are answered. And everyday we all have the opportunity to rise, with healing on our wings, revering the name of God...Thank you God for this wonderful divine opportunity. In your holy name, we can be restored and made whole again.

CELEBRATION

The Celebration part of the message is easy. Just you out and have a good time and celebrate in full joy, knowing that you have been healed, and that you have so much to be thankful for. Celebrate in full awareness that you are a divine child of God. Celebrate God’s goodness, grace, and mercy that are active in your life and your affairs.

And we thank God for grace and mercy and for bestowing blessings in our lives. We are confident that our prayers are answered so that we can enter into full thanksgiving for the gifts that God has given us and for those yet to come. God for in your grace and mercy, while you are healing us you are blessing us bountifully. And for this we are so very, very grateful.

Happy Thanksgiving!!!!

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First Trinity Lutheran Church
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