



# Sustained and Rescued

by Pauline Huth, Christian Growth, Alberta–British Columbia District

*Even in your old age and grey hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you (Isaiah 46:4).*

*The word sustain means to support something or keep it going, to hold it up.*

Isaiah 46:4 tells us that even as we age, God is there to sustain and hold us up, to carry us and to rescue us. That is very comforting. A few months ago a relative shared this Isaiah verse with us as our family was going through a difficult time. It was a comfort for all of us to be reminded God is holding us up.

This month as I face another birthday, I recall that verse, and it is comforting to know God is still here with me holding me up on those tough days when, because of the aging process, I need to be carried or rescued.

That verse also reminds us that God says, “*I have made you, and I will carry you;*” Psalm 139:13 also reminds us: “*For you created my inmost being; you knit me together in my mother’s*

*womb.*” God has known me all my life. Verse 16 of Psalm 139 also says that “*All the days ordained for me were written in Your book before one of them came to be.*” God knows how many birthdays each of us has left, and we know He is going to sustain us through all of them. We do not have to worry about what lies ahead of us as we face each birthday.

The Bible has lots of wisdom about why we should not worry as we go through our life. Psalm 55:22 tells us to “*Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.*” Why waste time worrying when God wants us to give Him our cares and He will hold us up and sustain us. This verse makes me think about that exercise in trust where they ask you to fall backwards and trust the person who is standing behind you to catch you and protect you from falling. That’s how we can picture God

who always has our back and will “*never let the righteous fall.*” We can be assured—God will always be there to sustain and rescue us.

We pray: Father God, thank-you for sustaining and rescuing us all the days of our lives. Amen.

Scriptures: New International Version (NIV)



Prepared by the Christian Growth Committee, LWML–Canada