

# **SOARING LIKE EAGLES**

**Psalm 103:5; Isaiah 40:29-31**

## **Lesson Aim**

To see the eagle as a picture of the strength and freedom that God gives His children.

## **Memory Verse**

**Psalm 23:3** - “He restores my soul. He guides me in paths of righteousness for His name’s sake.”  
(this week and next.)

## **Lesson Background**

Since ancient times, the eagle has been a symbol both of strength and freedom. The Romans revered the bird because of its bravery, and used it as a symbol in times of war. In the United States, the eagle is our national bird, not only for its strength, but for the freedom it represents as it soars high above the clouds. No wonder the eagle has been called the “king of birds”; anyone who has seen one flying in the wild is struck by a sense of majesty.

God promises the strength of eagles to those who wait upon Him, and trust Him to provide all of their needs. He will refresh those who feel too tired to carry on, so that they feel instead as if they could fly! Let this be an encouragement to you as you continue to serve the Lord in your Sunday School class.

## Lesson Procedure

Choose the projects and activities you would like to use with this lesson from the list at the end of the lesson, and gather the necessary materials for them. The following list gives interesting information about eagles that you may wish to use sometime during the lesson.

### Facts About Eagles

Eagles are called “birds of prey”; that means they catch small animals, or even fish, for their food. Eagles have much better eyesight than people. Even when they are flying far above the earth, they can see a fish in the water. They can swoop down, grab the fish from the water, and fly away with it in their talons. They are very good “fishers.”

Eagles can live a long time - anywhere from twenty to fifty years. In this country, the eagle is a protected bird. It is against the law to hunt them or to bother an eagle nest.

Eagles have been called the “king of birds.” In the United States, the bald eagle is our national bird because it reminds us of strength and freedom. They are bigger than most of the other birds of America, and they are expert flyers and hunters. They really are special birds!

### Bible Story (from Psalm 103:5 and Isaiah 40:29-31)

What makes you feel really tired? (*Get ideas from students.*) Sometimes we run so fast, or play so hard, it seems like we can't take another step! Maybe you've been to a picnic or amusement park or some other special place where you were so tired you couldn't even walk! Mom or Dad had to carry you the rest of the way.

We all know what it's like to have a tired body. But have you ever been tired on the “inside”? Grown-ups call it being discouraged. Maybe you tried to ride a two-wheel bike, but you just kept falling down. Or maybe you tried to tie your own shoe, but you couldn't get it to work out. When we're tired on the “inside” we feel like giving up. We don't want to try any longer. Have you ever felt that way?

Sometimes God's people feel like giving up. They wonder why it takes God so long to answer their prayers. Doesn't He hear their prayers? Doesn't He care about them? But God's Word has something special to say to people who are tired on the inside. Let's read it together (*Read Isaiah 40:29-31 aloud to the students*).

What could be stronger than an eagle, flying in the sky? What could be more free? God says He will never forget His people. He will answer their prayers, and He will give them new strength. Psalm 103:5 says that He will satisfy His people with good things, so that their youth is renewed like the eagle's. All He asks for His people is to wait on Him and trust Him to do what He says.

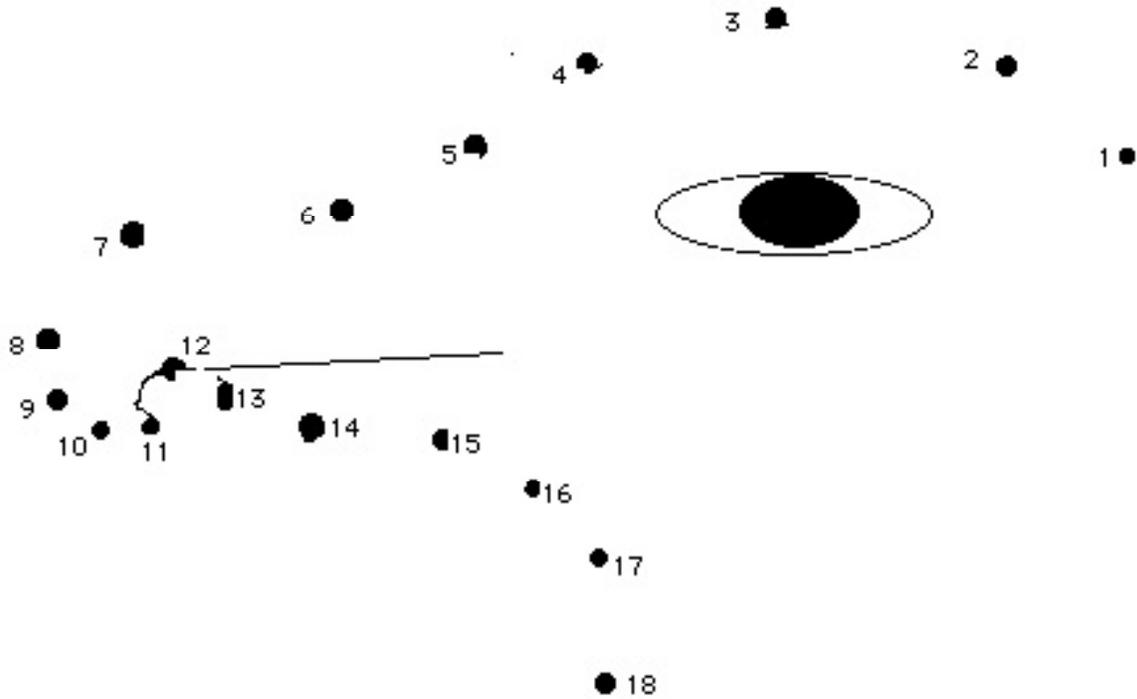
Strong and free like eagles! The next time you are tired out on the inside, and feeling discouraged, remember these words from the Bible. Ask God to help you be like an eagle as you wait for His help. Let's thank Him for His promise to always care for us. (*Lead in prayer.*)

## Suggested Activities and Projects

Choose from this list of activities and projects the things you would like to do as a class to reinforce this lesson.

1. Make photocopies of connect-the-dots worksheet for your students (some younger ones may need this kind of puzzle explained to them).
2. Bring in a book with nice illustrations of eagles from the library, or an encyclopedia that has good pictures, to show your students.
3. Bring in objects with the “American eagle” on them, such as quarters and dollar bills, and discuss why the eagle is a good symbol for the U.S.A.
4. Act out Isaiah 40:31 as a class. Have the students rise up from a squatting position, flap their arms like eagle wings, run in place and walk in place. Repeat the activity until everyone gets it right.
5. Bring in magnifying glasses and small objects for students to look at through them. Discuss the eagle’s sharp vision. Ask how many students have flown in airplanes; what do things on the ground look like from up in the air? Talk about how good an eagle’s eye must be to see a fish or a rabbit from high in the sky.

Connect the dots, then color.



The Lord will bless us with strength and freedom if we trust and wait upon Him.