



Zion Evangelical Lutheran Church

Connecting with God; Connecting with Others; Connecting others with God

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Easter 2021

Devotionals from Pastor Sell

Thursday, April 29

Norm Kelly had an interesting quote on the internet: “You can’t pour an empty cup. Fill yourself first.” Oh how true that is. If we are worn out, we don’t have the energy to help others. We get frustrated, angry, and even hostile. When we reach that point everybody else should just get out of the way. Our cup is empty and there is nothing to pour.

As human beings and as Christians we need to take time to fill our cup. We need to pause in the rush of life taking time to just sit and think or maybe just to sit. Jesus frequently took time away from the disciples and the stress of ministry. He realized it was important to refresh his body, mind, and spirit. You don’t need a ticket to Florida, just a little time on the porch or a walk around the block.