



Zion Evangelical Lutheran Church

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

Pastor Melody Sell, Interim Pastor
85 E. Brandt Boulevard
Landisville, PA 17538
(717) 898-2911 (o)
(570) 916-8835 (c)
prmsell2@ptd.net

DAILY DEVOTIONAL FROM PASTOR SELL

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The heaviest burdens you bear are the ones in your head.

I saw that quote on the internet a couple weeks ago and I cannot stop thinking about it. It is just so very true. What we think is colored by our experience and the people we have met. Once in our head, it is there to influence the rest of our days. They become burdens or blessings.

Sometimes we are caught and tripped by our thoughts. Have you ever over-thought something? Has an event caused sadness or depression? Have you ever fixated on something and just could not get it out of your mind? It is at times like these we need an outside perspective to clarify reality. That outside perspective is God. God encourages us to think beyond ourselves. God testifies to the love of God for us and the forgiveness he offers. Belief in God allows us to 'get out of our heads' and view another, fuller reality.