



Zion Evangelical Lutheran Church

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

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DAILY DEVOTIONAL FROM PASTOR SELL

Tuesday, June 29

I spent a week earlier this month being ill. This was the first time in more than ten years that I have been in bed for more than a day. My independence was gone. I could not leave the house. I had to rest at least three times to get up the 14 steps to the second floor. I finally had to give in and ask my daughter to bring me food. I really, really did not want to do that. She was gracious and brought me chicken, soup and a few goodies. Then she started checking in on me several times a day. “What’s your temperature?” “Have you eaten?” “Did you sleep?” “What do you need?” “I’ll stop after work.” Quietly I said to myself “I’m the Mama. I should take care of you.” By the fourth day I gave in – I needed help and I could not take care of myself.

It is hard to admit we need help. Humans have an ingrained feeling we can do it ourselves. Like the two-year-old who pushed the parent away saying “I can do it myself” we hang on to our independence as long as we can -- and then some. God place us in community and commanded us to help one another. Love one another as I have loved you says God. We need a lot more of it in today’s world – God, community, and love.