



# Zion Evangelical Lutheran Church

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

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## ***DAILY DEVOTIONAL FROM PASTOR SELL***

### **Wednesday, March 2**

The March/April 2022 Discover magazine has an interesting article on “Hugging’s Evolutionary Origins.” Author Sara Novak states the hug starts with that first skin to skin contact after birth. It seems the contact causes a rush of hormones which bring pleasure to the infant. Infants and toddlers are hugged and held often and learn to appreciate the feeling they get. Let’s be honest we all like hugs. “Research published in the journal *Psychological Science* has shown that has a ‘stress buffering’ effect that may protect us from chronic illness and infections.

In these days, as the pandemic restrictions ease, remember how important touch can be. Scientific studies indicate the hug hormones start flowing after six seconds. The Bible may not record Jesus hugs, but it does talk about the many times Jesus touched and healed people. So, hug people when you can, especially members.