

Daily Devotional, March 28, 2020 Reach Out And Touch Someone

Deep within the heart of every living, breathing human being lies a thirsting for connection to others. Even animals of every stripe seek bonds to their respective communities. This thirsting can be encountered in various ways. It might be a simple touch or a warm embrace. Or it may possibly be a word of support or the need to be truly listened to, to be deeply understood by one who shows empathy. For others there is a great desire for friendship, partnership or even deeper intimacy.

The thirst for relationship is most always present, even in the depths of the loner. We all share the inner voice that cries out for identity and connection, an inner craving for the unity of body, heart mind and spirit. In those moments when those cravings are gratified, we experience love, joy, and great inner peace.

However, there are those times in life when these cravings go unfulfilled. These can be periods of distress that can last for hours, weeks, months, and even years. As a result, we experience pain, inner suffering, and even deep depression. We want to feel connected, to feel safe and secure, to be right at home— longings that can not be satisfied when we are all alone.

In times like these, our entire person craves another's presence. The presence of another person's mind, emotions, laughter, touch, and care. The presence of another person's heart. We, as humans, have been given the great gift of thirst for community. Without others to share our lives with, most especially our lives as faithful Christians, we become hollow shells of what God has created us to be. We were never meant to travel this spiritual journey alone.

As Christians this is also our *challenge*. As Christians we profess that caring is about our presence to our brothers and sisters who at this moment may be feeling lonely and powerless against this great calamity that is spreading around the world. Those who are alone must *really* feel frightened and alone.

While our current distancing requirements keep us from *physically* keeping our distance, we can find closeness in our communications amongst one another. I encourage all of you to think about those who may be all alone or who might be disconnected from our church community in some way. Maybe it's someone we would normally see every week, or it could be someone who we haven't seen in a while. How about an email, a text message, or better yet, a personal phone call? We are a community of love. Let's share that love. Heck, check in with everyone that you can! Though we may feel isolated, let's do our best to keep our community of caring intact. May the peace and love of the Lord be with you always!

Prayer: God of all creation, you have made us to be in companionship with one another. Reveal to us those who may feel most alone at this time and make us your instruments of care. Grant us the determination to reach out to them and to let them feel the care and love that we all need in this present time of isolation. Give us the strength also to persevere, as we are all feeling the effects of this period of quarantine. We place our lives into your hands, in Christ's name, Amen,