

Daily Devotional, July 23, 2020 A Spiritual Rebounding

Blessed are those who have regard for the weak; the Lord delivers them in times of trouble. The Lord protects and preserves them— they are counted among the blessed in the land—he does not give them over to the desire of their foes. The Lord sustains them on their sickbed and restores them from their bed of illness. [Psalm 41:1-3](#) (NIV)

I once read an article an article telling the story of Cami Walker. Barely into her 30's Cami learned she had multiple sclerosis. Cami spent more than two years trying various treatments and medications, never getting better, instead she was only getting worse. She started to walk with a cane and for days at a time, was unable to had to leave home.

But one day, a friend suggested that she try an unconventional remedy: Try giving away gifts. She suggested giving 29 gifts in 29 days. After just one day of trying this, Cami felt better. Her mood improved significantly, and she had improved energy. Each day that she gave, it made her feel better. By day 14 she no longer needed the cane.

We really should not be surprised by this story. There is biblical precedence behind this. In Acts 20:35 Jesus said that “it is more blessed to give than to receive.” The person who receives the gift is not the only one who is blessed, the giver is blessed as well. Call it a spiritual rebound effect. The blessing is returned to you, and in a more potent way.

That is why gift giving offers a special blessing for those who are suffering. When we go through trials, they have a tendency to make us think inwardly and to feel sorry for ourselves, which only makes us feel worse than the way we already are feeling. Giving of ourselves has the positive effect of helping us to break out of the downward spiral that can happen during a difficult time in our lives.

If you are suffering and need a spiritual boost, try giving things away, give gifts. Think of practical things you can do for others. The gift doesn't have to be monetary or material. Think outside the box. Why not keep a journal of what you do? But whatever you do, make a commitment that you will think of others more than yourself. That's the number one thing.

If you would like to learn more about Cami's story and get some ideas on how to do this yourself, go to her website: 29gifts.org. See if it doesn't impact you in some way and make you think a bit differently.

Prayer: We thank you, Dear God, for the gift of your Son who gave His very life for us, the most perfect sacrificial gift. Open our hearts and help us to reflect your love in the gifts we give to others. In Christ we pray. Amen.