

**Good Morning, Welcome to Tuesday, September 15th.
Here is today's devotion**

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. *1 Corinthians 13: 4-7*

One thing I have noticed lately is that, as the coronavirus continues, people are becoming more fatigued and worn down. This is not surprising, of course, as we enter the seventh month of dealing with this virus. This fatigue and weariness manifests itself in a number of different ways, depending upon the person. Some people become more irritable and short tempered, others more depressed. I have talked to a number of other pastors, and they have noticed this too. And, to be honest, I have also noticed it in myself.

The answer to dealing with this ongoing pandemic seems to be found in a very old word: love. Or at least the love that the Apostle Paul talks about in his first letter to the Corinthians. A Love that is patient and kind, that always hopes, always perseveres. And it seems that the Harvard Medical School would agree. In a recent newsletter, they listed one of the strategies in dealing with this pandemic as this: “**Be kind, understanding, and patient.** Work on treating yourself and others with compassion.” Funny how 2,000 year old wisdom is new again.

It is not surprising that more and more of us are feeling worn down by the way this virus has up ended our routines, our life and our world. And it is also not surprising that the Apostle Paul's words on love serve as an important way of coping with this virus. Now more than ever it seems, we need to practice patience, kindness and compassion – both with ourselves and with one another. Together, with love, we will make it through.

Pastor Kurt

Prayer: Gracious and Loving God, help us to practice loving ourselves and loving another, and to do so in a way that is patience, kind, and hopeful. In Jesus Name, Amen.