

## Devotion, Week of September 10, 2023

### Rev. Jeanne Simpson

I'm reading a little book called Holy Moments by Matthew Kelly. Kelly's philosophy of faith is to practice making holy moments. Find something every day that you can rejoice in or be a part of in helping others rejoice. Sometimes a holy moment is just thanking God for a gorgeous sunset or a really good tomato. When you do something nice for someone else, whether that is just smiling and thanking them for helping you find something at Home Depot or whether you're delivering meals to the Babb children, you feel better. Holy moments don't have to be huge things. We don't have to heal the demoniac or walk on water. We just need to live each day recognizing God's blessings and being of service to others. I try to be polite and thank all those who serve me – the person who bags my groceries, the person who waits on me at Wendy's, the person who mows my lawn. And I usually get a big smile and "you're welcome" in return. When we treat people with respect, they are able to treat others with respect.

Kelly says that practicing holy moments by being generous releases three hormones that are critical to helping us flourish: serotonin, which regulates happiness and mood; dopamine, that allows us to experience pleasure, satisfaction, and motivation; and oxytocin, that gives us feelings of warmth and connection with others. When we feel joy in these moments, we can plow through days that have some sorrow without being overwhelmed. Holy moments help us feel confident that we can succeed and liberate us from being helpless.

There are some lessons we can learn from holy moments:

- Control your temper, even if you're justified in losing it
- Pray before making a decision
- Encourage or coach or praise someone
- Be patient when someone drives you crazy
- Give the person in front of you your full attention
- Overlook an offense against you
- Make a new person feel welcome
- Thank someone who has helped you
- Write someone a love letter
- Clean up the mess even when you didn't make it
- Do something that helps you become a better version of yourself

I hope you will have at least one holy moment every day so that you can thank God for that blessing.

*Jeanne*