

Me First

by Julie Luetke

“Pull the mask down firmly to start the flow of oxygen.
.....Please secure your own mask before assisting others”

Sound familiar? If you have ever flown in a large aircraft you know exactly what I am talking about. By helping yourself first, you are not being selfish. You are no help to others if you are blue and unconscious!



In John 17:1-5, Jesus prays for himself. Jesus asks the Father, “Glorify your Son, that your Son may glorify you.....that He might give eternal life to all those you have given Him.”

In Gethsemane Jesus prayed again for himself. God strengthened him so he could go on and complete the work of our salvation. It's sort of like “securing his own mask before assisting us”.

Now let's get specific.

A new mother needs sleep to be alert to care for her newborn; pray for sleep. A lonely woman wants to help her depressed husband; pray for a Christian friend to call with encouragement. A college student is being pressured by her peers; pray for trust in God to help make good choices. The holidays are coming and you really do not have money for the foods and gifts you want for your family; ask God to open your eyes to contentment and thankfulness for what you have, so you can build contentment and thankful hearts in your children. Your husband has just lost his job; pray to be washed with love for him so you can be an encouraging source of strength.

Psalm 34:15- *For the eyes of the Lord are on the righteous and His ears are attentive to their prayer.*

As you pray for yourself, ask God to give you a true hunger for His word. It is through His word that you will be given the strong faith you need to assist others in the battles that come. The problems on this earth are real and often all-consuming. We need the weapons God gives in His word. Satan is constantly trying to take those weapons away, distracting us by throwing inferior earthly solutions in front of us. We need an ever increasing store of weaponry. Pray for yourself first, and then you will be able to assist others with real solutions from God's Word.

2 Corinthians 1:3-5 - *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our trouble, so that we can comfort those in any trouble with the comfort we ourselves have received from God.*



Season: Pentecost

Video: 2. Women Mentoring Women

Devotions: 19. I Need a Vacation

56. Rubies

66. The Strength of an Arm

168. Heroes of Faith: Steve Hayner

200. Actively Waiting

Prayer: 28. Dearest Jesus, my Redeemer and Friend, I just wanted to say thank...

Super Girl: 70. I'm in the middle of review week for my finals...

Scripture References: Isaiah 40:1; Isaiah 51:12; Isaiah 66:13; 2 Corinthians 7:4, 6, 7

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