

## Only You Can Be You

### DAY 19: Life Support

*And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching. (Hebrews 10:24-25)*

Usually when we think of “Life Support”, we visualize an Emergency Room where medical staff are providing critical care to someone on a breathing machine. Today, Erik Rees purposes a different version of “Life Support”...“Relational Support.” Can you imagine having ten personal life coaches to encourage you in your daily life? What an awesome view! That is exactly what the unknown author of Hebrews had in mind according to the scripture reference for today.

God created us in His image and just as He desires relationships, so do we. However, some of us struggle in this area; we need relationships and want them but are not always able to receive them. You’re probably thinking, “I am fine, I can accept/receive relationships from others.” Perhaps you’re right; but there are others who are not able to experience the fulfilling joy of relationships. [The following are a few impediments to experiencing close relationships: the need to control \(other/everything\), lack of a servant’s heart, seeking help and allowing others to serve \(you\).](#)

Maybe, before we can begin to build a support team or be support to someone else; we may need to digest a slice of “humble pie.” Our loving heavenly Father knew there would be many of us who would need help; therefore, He has provided great wisdom from His word. Philippians 2: 1-4 states: *I don’t want any of you sitting around on your hands. I don’t want anyone strolling off, down some path that goes nowhere. And mark that you do this with humility and discipline—not in fits and starts, but steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences. You were all called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly. You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. Everything you are and think and do is permeated with Oneness.* (The Message)

Erik Rees suggest for us to consider building a team of relational support of those who will challenge us, champion us and to care for us; just as a breathing machine provides oxygen to keep a body alive! We **all** need encouragement and others to help us navigate through life “avoiding blind spots.” God desires for us to be spiritual support for one another.

Galatians 5:13-15 states: *It is absolutely clear that God has called you to a free life. Just make sure that you don’t use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that’s how freedom grows. For everything we know about God’s Word is summed up in a single sentence: Love others as you love yourself. That’s an act of true freedom. If*

*you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then? (The Message)*

Erik Rees submits a request to all of us...take time to consider building a “Relational Support” team. Most importantly, we are “**better together**” and many of our needs can be met through sharing our gifts with one another!

Philippians 2:1-4 states:

*If you’ve gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care— then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don’t push your way to the front; don’t sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don’t be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand. (The Message)*

Please spend some quiet time and ponder the following questions:

- 1) Am I able to **follow** others?
- 2) Am I able to **serve** others?
- 3) Am I able to **ask** others for assistance?
- 4) Am I able to **receive** gifts (*tangible items*) from others (*not family members*)?

Only you and God know the “real answers” to these questions. However, seek His guidance in building your “Spiritual Oxygen Relational Support Team”.

Prayer:

*Dear Father God, thank You for the life, breathe and provisions that You have provided for me. Thank You for those whom You have placed in my life that offers spiritual support. If there are any areas of my life that need changing, please change me to be the best that I can be. If I have a need to control others/things, remove it. Give me the strength to follow others correctly, serve others in a loving manner, request/ask in patience and receive with gratitude. Lord help me to receive the new people that You want to be a part of my support team; show me who they are and by Your grace I will be a great support to others. I ask these things by faith, in the precious name of Jesus, Amen.*