

“I am a hugger! I am not OK!”

That quote was on a Facebook post and it fits me perfectly. It fits a lot of people. We, as humans, have a need to be touched and to touch others. Hugging can ease pain, it can transmit caring, it can share joy, it can transfer love and it says, “You are not alone”. Nothing feels better than to give or get a big ol’ hug.

In the past 12 months, hugging has been frowned upon. (I must confess, I did it anyway on occasion.) However, even without touching, we touch people. Not physically maybe, but in our actions and deeds. As a wife, mother, grandmother, great grandmother, aunt, sister, niece, cousin and friend to many, my life has touched a number of people. All of whom I would hug. But when I can’t, there are other methods of touching them. Although it has its’ downsides, social media is a way of staying connected to what’s going on. I became a great-aunt again just this past week to a beautiful baby girl, Iris. I got to see her chubby little face because of that connection. Take a moment and think about who your life has touched in some way over the years. (Heck, get a piece of paper and make a list!)

Now, think about the people that you do not know that you have touched. “But, if I don’t know them, how can I know I touched them?” You don’t. That’s the point. And that’s why we need to live “steadfast” in the Lord. Every day living the best life we can for all to see.

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. 1 Corinthians 15:58 (NKJV)

It’s the people that we don’t know we are touching that can be the most influenced by our actions. The waiter when we smile and say thank you for being here. Entertaining the child in the cart in front of us as the mother is trying to unload. “Paying it forward” at the drive through window. People are watching us all the time. And (over)hearing our words. These are the people touch. You do not need to hug them; they just need to see our “fruits”.

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. Galatians 5:22-23 (KJV)

One of the things I stress with “Connecting the Light” and my “Inspired Messages” is that we are all real people living in a real world. No, we are not perfect. Yes, we have bad days. We are not always on our best behavior. I know I’m not. I get grumpy, short tempered and impatient. My irritation with people sometimes spills out in public. It happens. When it does and I catch myself, I try to make amends if I can. “I’m sorry, I didn’t mean to sound like that.” Life is tough and it’s been beyond tough in the last 12 months.

The good news? It’s okay if we have a bad day. It is human to have days when we feel “fruitless”. That is why we have each day to start anew. Yesterday may have been a total disaster, but we can leave that go and look ahead.

...but exhort one another daily, while it is called “Today,” lest any of you be hardened through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end, Hebrews 3:13-15 (NKJV)



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We have the certainty through our salvation in Jesus that we are forgiven. We must strive to be the best we can, but if we fall short of that goal Jesus has us (you, and me alike) covered. Through He who forgives us our human flaws and frailties we have hope. The time we have on this earth is but a tiny fragment of the eternity we will have in the glory of our Lord. Let the time we have here be remembered by those we touch and those we don't know we touch.

Let me leave you with these words of instruction from 2 Peter 1:5-8

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

Haven't been able to hug anyone lately? Don't worry about the people you want to hug and can't. Think about the people you touch without hugging them!

Sending you virtual hugs, 🤗

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