

DAY 4 MORNING/MIDDAY OFFICE

Silence and Stillness before God (1-2 minutes)

Scripture Reading

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with **compassion, kindness, humility, gentleness and patience.**” (Colossians 3:12, NIV)

Devotional

When I was in college, as a second semester freshman, I was asked to declare a major. Having no clue with what I wanted to do – I chose Psychology. While doing some research for a behavioral studies term paper, I came across an experiment that I have never forgotten.

A group of baby monkeys was divided into two groups. All of them were placed in their own cages away from one another.

The first group was given everything necessary to sustain life: Food and water, medical attention, clean cages, and exercise. But they were always alone, and left alone.

The second group was given food and water, medical attention, clean cages, and exercise too. However, they were also given a lot of individual love and attention from their human caretakers. Each monkey received individual affection and personal time alone with their caretaker. They were cuddled, held, talked to, and touched often. And, if I remember correctly, each monkey got to interact and connect with other monkeys, as well.

After several weeks, every single one of the monkeys in the first group died. They had been given everything necessary to live – food, water, shelter. Autopsies revealed there was no sickness or disease. There was nothing medically wrong with them.

Those doing the study concluded that these animals died due to **a lack of love.**

Larry Crabb would say it this way: **“They died for lack of connecting.”**

Questions

What are some other reasons you might think that connecting with others would be important? Is it important to you? Why or why not?

Prayer

Ask God what step He wants you to make today. It might be to meet with Him more regularly. It might be taking steps to get to know the people around you.

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