

We are here today to answer a call to worship; thanking God for His Love and His Son. But what else calls us to worship?

My sister Joy studied psychology, and we used to ask ourselves (in fun) “Does the name Pavlov ring a bell?” You have to understand that this refers to Dr. Pavlov’s studies of behavioral triggers as his dogs associated the sound of a bell with food.

We have reproduced some of this research with our cat, who now expects treats in response to several different triggers – turning on the fan at night (even just touching it), or just coming in from outside. It is not clear who actually is being trained in this process. There are regular meal times, of course, but treats are always welcome as special events.

We are here to worship the our Lord because of His sacrificial love for us. Is it a just a duty or also an opportunity? We also need triggers to worship often during our daily lives – it doesn’t take long to simply thank God for Jesus Christ who died for our sins. It should be like a treat for us between our regular meal times. We just have to find something to use, like certain times of day, or when the cat wants his treat. I have my own method.

So at this time we partake of this communion to remember our Savior’s body and blood as He died for us, knowing that He rose again to give us eternal life. Let us do so in spirit and truth, and find ways to continue this remembrance throughout the week.

We may need similar triggers in giving – responding to needs that we encounter.