

# What Keeps You Going?

Like a lot of people, perhaps you have days when you wonder what the point is, such as:

- ❖ *Why do I have to meet with that group?*
- ❖ *Why do I have to analyze this report?*
- ❖ *What's the value in it?*
- ❖ *Who cares?*
- ❖ *How can I go on like this?*

The answer ultimately lies in your emotional connections with others.

Consider what happened to Mark Gamba. A photographer, he has worked all over the world, with many assignments from *National Geographic*. Here's his story of a brush with death:

He had tumbled off a boat into a river and got caught in a "strainer" – a tree that's fallen across a river, creating a tangle of branches that can be impossible to escape from. As Gamba struggled, losing his strength, he knew the odds were against him.

What did he do? "I thought of my son," he said later. "I wanted to see him again."

That thought gave him the energy he needed for one last surge of effort, and he managed to crawl up over the log to safety.



Lawrence Gonzales, author of *Deep Survival: Who Lives, Who Dies, and Why*, listened to Gamba's story and understood the point at once.

"Being connected to other people, in love with your life, can help you survive – in the wilderness or anywhere else."

Even in your nursing facility or in your assisted living or independent living center.

That connection with people – the residents and families you serve and with the associates with whom you are engaged in the mission – is more than enough to keep us going.

It's our calling, and a noble one at that.

*In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how He Himself said, "It is more blessed to give than to receive" (Acts 20:35 ESV).*

– Beecher Hunter