

Get the Ice Pack

Read Hebrews 10:11-25

Encouragement for the day – *“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 more as you see the Day approaching.”*

Hebrews 10:24-25 NKJV

“Get an icepack” is heard commonly on medical locals. Icepacks are typically used to keep the swelling down on injuries in order to prevent further injury and provide some comfort to the patient. Icepacks are also used to cool down patients who are suffering from heat related emergencies. The icepack is a simple tool that sits in most first aid bags carried on emergency vehicles. The icepack sits at room temperature until someone breaks open the enclosed plastic tube that contains the water which then mixes with the ammonia nitrate. Once the two chemicals mix together an endothermic reaction takes place and the liquid becomes cold. As long as the two chemicals remain apart the cold pack will remain room temperature.

The Fellowship of Christian Firefighters Internationals key verse is Hebrews 10:24-25. We understand that if Christians don't regularly meet together for fellowship, encouragement, and Bible study their lives will remain stagnant. When Christians meet together they will ultimately stir one another up for love and good works, similar to the action of a cold pack. Our desire is for every member to be actively involved in a local church of their choosing. Knowing that first responders can better relate to each other, our other desire is to meet together in local groups. The Bible places an emphasis on meeting together and then going out and meeting other people's needs (love and good works). As time is getting closer and closer to “the Day” (the end of the world) we need to be diligent about encouraging one another. How about you, are you regularly meeting with other Christians in your local church and at your station?

Lord, help me to regularly meet with other first responders in order that we might encourage one another to serve You better.

Encouraging first responders to keep the faith!!