

e-KardíaGram

Your Heart.
God's Beat.

But when Isaac's servants dug in the valley and found there a well of spring water, the herders of Gerar quarreled with Isaac's herders, saying, "The water is ours." So he called the well Esek, because they contended with him. Then they dug another well, and they quarreled over that one also; so he called it Sitnah. He moved from there and dug another well, and they did not quarrel over it; so he called it Rehoboth, saying, "Now the LORD has made room for us, and we shall be fruitful in the land." (Genesis 26:19–22 NRSV)

"Just hold still" is what they usually say. "Sure, no problem...I love having sharp stainless steel tubes inserted into my arm," is what I might like to reply. Thankfully, however, phlebotomists never miss the large, superficial vein in the cubital fossa of my anterior elbow. The vast majority of our lab colleagues are exceptionally talented, but my wife and others I know have been subject to venipuncture that is more like "I know that vein is in there somewhere," as the technician tries repeatedly to land the needle in the desired place where dark red blood flowing forth to fill a tube, vial, or bag signals that the vein's well has been tapped. Even though obtaining blood is vitally important in healthcare, the unfortunate scene of multiple tries to pierce a vein makes a person feel more like a pin cushion than a patient. It's annoying at best, and a relief when the task is done.

How does this metaphor relate to your daily life and Isaac's search for wells that would allow the nation of Israel to flourish? Think about the circumstances around you. Where you live. Where you work. Your family. Your friends. Your coworkers. Sometimes life feels like the Hebrew names of the wells Isaac's men dug: *Esek* ("argument") or *Sitnah* ("opposition"). Or, in a phlebotomy context, like you're being repeatedly stuck with a needle. You might want to just get away. It's easier to move than endure. But, in the midst of turmoil or worse do you recognize *Rehoboth* ("room for us")? This is where God wants you to be and, though you may not recognize it, it's probably where you are now. He made room for you there. Stop digging; be refreshed in *Rehoboth's* well. —Jeff Russell

Phlebotomy / Lab Technology

E-KardíaGram is produced by The Kardía Foundation. Written by Jeffrey A. Russell, PhD, ATC

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