

Reflection for Friday 3rd July 2020

Being Held

I wonder how many things you have touched in your life? I wonder what or who those hands have held?

Touch is so important to us. Once when playing a game one Christmas afternoon we all had to write down if we had to lose one of our senses what would we most hate to lose? Then everyone else had to guess based on their knowledge of you which one you had chosen and give reason why they thought this. Without hesitation everyone guessed mine. I would hate to lose my sense of touch. They then gave the following reasons: "you give the loveliest hugs mum", "I love it when you stroke my hair", "when we are poorly you put cold hands on our foreheads and make us feel better", "when I was in hospital you held my hand all night", "you are so creative mum and make lovely things, we wouldn't be able to have nice cakes or food or clothes that you sew if you couldn't feel them". And finally from my hubby.....just a big smile!

Recently during a time of prayer, reading Isaiah and the psalms, I was reminded of the promises of the Father to touch us and hold us, and how important that was for Him and for us.

Isaiah 41:10 Do not be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. **I will hold you up with my victorious right hand.**

Isaiah 41:13 For I am the LORD your God **who takes hold of your right hand** and says to you, do not fear; I will help you.

Isaiah 46:4 I will be your God throughout your lifetime – until your hair is white with age. I made you, and I will care for you. **I will carry you along and save you**

Isaiah 49:16 Behold, **I have engraved you on the palms of my hands;**

Psalms 27:10 Even if my father and mother abandon me, **the LORD will hold me close.**

Psalms 63:8 My soul clings to you; **your right hand upholds me.**

Psalms 139:10 Even there **your hand shall lead me, and your right hand shall hold me.**

Psalms 73:23 Yet I still belong to you; **you hold my right hand.**

Being held, touched by the Father, gives us the same feeling of comfort, nurturing and support as a child or lover feels at the touch of a parent or spouse. Jesus knew this and often laid His hands on people to comfort and heal them.

Luke 6:19 And all the people were trying **to touch Him**, for power was coming from Him and healing them all.

Mark 8:22 And they came to Bethsaida. And they brought a blind man to Jesus and implored **Him to touch him**.

Luke 18:15 And they were bringing even their babies to Him so that **He would touch them**.

Mark 10:16 And He took them in His arms and began blessing them, **laying His hands on them**.

During this pandemic we have heard so many amazing stories of our NHS staff, of our carers and frontline workers staying beside someone in their dying moments and holding their hand. Giving the reassurance both to the dying and their families that they are not alone in their darkest hours.

In our darkest moments, we may feel isolated and abandoned, colleagues have reported feeling that they have lost their role and sense of purpose and when questioned further it is because we cannot comfort people in their sadness, we cannot hold the hands of a baby or baptise it and feel the joy. We cannot hug the bride and groom and shake their hands to congratulate them as they marry.

But our Father in heaven and His son our saviour Jesus Christ knows just how important touch is and they promise that although at this time we may not be able to touch or hold one another, they are holding us, touching us and comforting us.....and they always will!

May you feel the touch of the Lord today and be comforted, knowing He has you in the palms of His hands.