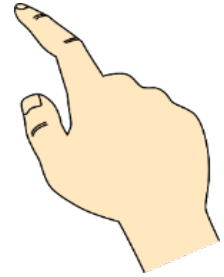


Touch

February 14-20

This week let your sense of touch open you to God's presence.



1st Sunday of Lent: In our first lesson today we hear about God's hand leading the people out of Egypt. As you use your hands today let them remind you that we too are led by God's hand.

Deuteronomy 26:11 - The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey.

Monday: Today pay attention to your sense of touch. Notice the cold car seat, a warm mug, the brisk wind against your cheek. Let the sensations remind you that God is so very close.

Psalms 139:7-10 - Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there; if I make my bed in Sheol, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.

Tuesday: Today pay attention to the ways touch brings comfort. Use your hands to comfort another and remember that God promises to wipe away every tear from our eyes.

Revelation 21:3b-4 - See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.

Wednesday: Tonight in worship we will reflect on how Jesus used touch to heal and to bless. Today, pray for someone who is in need of healing.

Mark 5:22-24 - Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, 'My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live.' So he went with him.

Thursday: Today when you touch water, let it remind you that in baptism you have been "sealed by the Holy Spirit and marked with the cross of Christ"

forever.” Remember the promises made in baptism when you use water to cook, clean and bathe.

Romans 6: 3-4 - Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

Friday/Saturday: How will you touch the lives of those around you this weekend? Notice how your hands feel as you reach out to help someone else by doing a chore, writing a note, or simply offering your presence.

Deuteronomy 15:7-8 - Do not be hard-hearted or tight-fisted towards your needy neighbor. You should rather open your hand, willingly lending enough to meet the need, whatever it may be.