

[The Healing Touch of Jesus](#)



Healing Touch. Painting by Marie Southard

Opening Prayer/Reading

“The healing hands of Jesus Christ reach out to all who seek Him. I have come to know without a doubt that believing and loving God and striving to follow Christ can change our hearts, soften our pain, and fill our souls with ‘exceedingly great joy.’ ”

~ Dieter F. Uchtdorf Liahona, November 2018.

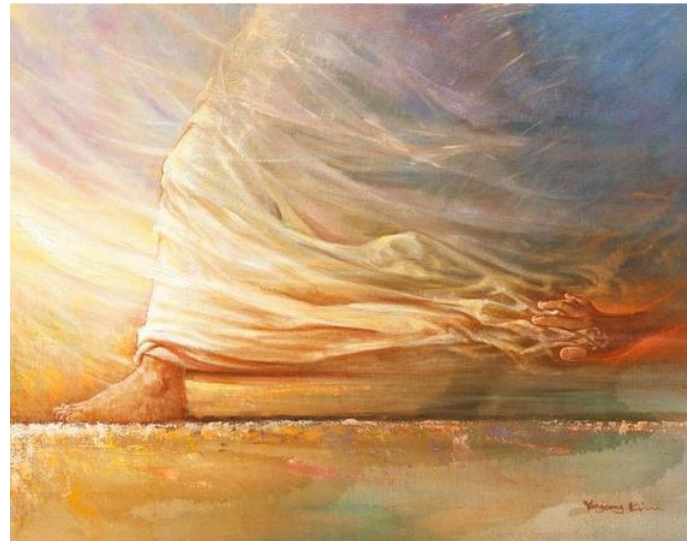
Reading One - Mark 5: 21 - 43 - A Woman Healed and a Girl Restored

Read the Gospel passage prayerfully followed by some silent reflection.

You may find the following helpful for reflection:

In this Gospel reading, we have two touch miracles by Jesus. In one, He was touched, while in the other, He was the one who touched.

Jesus can still touch and heal us too. He can connect with us spiritually. Faith makes that possible. Jesus will also grace us with His healing if we touch Him or allow ourselves to be touched. And after we have been healed, we too can touch and transform others’ lives through Love.



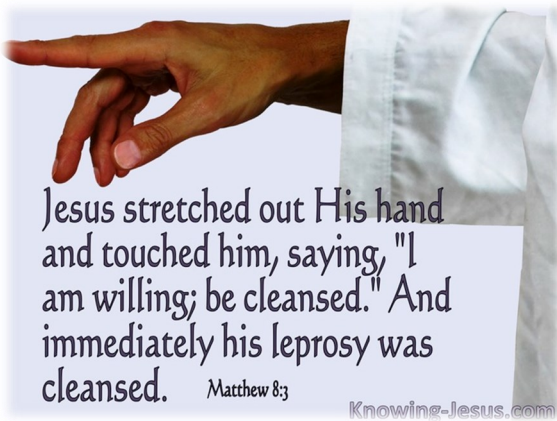
Touch of Faith. Painting by Yongsung Kim

But we have to have faith in Him just like the sick woman and Jairus. Both may have had contact with the Lord, but it was their faith which made the healings possible.

Both Jairus and the woman never gave up, instead, they waited patiently until the plan of God was fulfilled for them. The woman demonstrated faith through her action of touching Christ’s garment. She waited for 12 years, and when her chance came, she took it in faith. She was not afraid or ashamed of the crowd.

Also, Jairus demonstrated his faith on behalf of his daughter by persistently inviting Christ until he visited his house.

Reading two - Matt. 8: 1-3



Read the Gospel passage prayerfully, and then pause for silent reflection. You may find the following helpful for reflection:

One touch from Jesus and all that hinders you will be removed. When Jesus healed the leper in Matt. 8, in that one touch he was cleansed, healed and restored; that one touch removed the stigma and shame of his condition. That one touch brought emotional and physical healing. The leper had great faith that he would be healed.

Catherine's Works of Mercy in Line Drawings by Clare Agnew rsm

TO VISIT THE SICK

Matt. 25:36 - *I was sick and you took care of me.*

Catherine understood the holistic need to help the poor sick.

Reflect on the line drawing and short Gospel passage Matt. 25:36



Closing Prayer for Healing

Lord of Heaven,
I rest underneath your mighty wings of love.
I dwell within your gentle heart.
I know there is healing in your touch.
Through the sufferings of Christ I can ask for restoration
And trust in your goodness.
You are my Lord, my Saviour.
My healer and my friend.
I dwell within your gentle embrace.
Amen.

(from www.lords-prayer-words.com)

