

**Daily Reflection on Scripture  
Week of March 24  
Born to Serve Week 3  
Serve with Meaningful Touch**



**Sunday March 24**

*Scripture: Mark 5:22-23 A leader of the local synagogue, whose name was Jairus, arrived. When he saw Jesus, he fell at his feet, pleading fervently with him. "My little daughter is dying," he said. "Please come and lay your hands on her; heal her so she can live."*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, as I read today's scripture I wonder about the healing power of hands. Why did the man ask Jesus to come and lay hands on his sick daughter? Is there something special about a gentle and meaningful touch that is healing? Those questions lead me to pause and look at my hands. Can my hands be a healing touch to others? May I use my hands in the most gentle of ways. May my hands be a healing touch to someone who needs to feel loved and assured. May my hands lovingly embrace those I love. May my hands be used to serve. May it be so.

**Noon Text:** A gentle and meaningful touch sends a positive message to the brain that says you are loved and accepted. How many touches have you given and received today?

**Evening Text:** God, as I prepare to rest I wrap my arms around me and give myself a big hug. I imagine You as my embrace. I feel Your love and in that I can rest well.

**Monday March 25**

*Scripture: Mark 5:41-42 Holding her hand, he said to her, "Talitha koum," which means "Little girl, get up!" And the girl, who was twelve years old, immediately stood up and walked around! They were overwhelmed and totally amazed.*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, there are times when I feel as dead as the young girl in this scripture story. The stresses and cares of life can weigh on my body, mind and spirit, and I desperately need to feel Your gentle touch, and loving voice calling me to come out of my sleepwalking state, and into the light of Your love. I want to reach out my hand and receive the healing and strengthening touch that You offer to me at every moment of my life. I am grateful for Your healing, life-giving touch. May it guide and comfort me today and every day. May it be so.

**Noon Text:** Nothing is as comforting as a gentle and loving touch. How might you offer a healing touch to someone who needs it today? Your touch can be life-giving.

**Evening Text:** Today I was mindful of opportunities to touch others with Your love. Now I need to feel Your loving touch myself. I will rest now, held in Your love tonight.

## **Tuesday March 26**

*Scripture: Mark 5:25, 27-28 A woman in the crowd had suffered for twelve years with constant bleeding. She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, "If I can just touch his robe, I will be healed."*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, what incredible wisdom and faith the woman in this scripture had. She knew that if only she could touch Jesus' robe she would be healed. Even after suffering for twelve years, she knew about the healing power of touch. Can I put that same wisdom and faith to work in my own life? I can't literally reach the robe of Jesus but I can continue to be touched by the words and actions of Jesus as told in scripture. And I can use those same words and actions to touch others. Help me today to open my heart to the touch of Jesus and share those meaningful touches in my words and my actions. May it be so.

**Noon Text:** Meaningful touch to a stranger can be as simple as a handshake. Have you extended your hand to welcome or encourage someone today? It will be a blessing.

**Evening Text:** God, every night I come to rest surrounded by Your loving grace. Knowing that Your love holds me like a warm, welcoming embrace leads me into peaceful sleep.

## **Wednesday March 27**

*Scripture: Mark 1:30-31 Now Simon's mother-in-law was sick in bed with a high fever. They told Jesus about her right away. So he went to her bedside, took her by the hand, and helped her sit up. Then the fever left her, and she prepared a meal for them.*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, each day I meet people who are in need. The needs can be multiple. Help me to discern the needs and provide comfort knowing that everything is going to be ok. Your ways for our lives may not be our way, but in You, peace comes in knowing that whatever the outcome, Your ways are perfect. Good will come when we accept Your ways and acknowledge Your power to do what is right at just the right time. May my responses to other's needs, lead to this acceptance so that peace follows. Help me to help others know this truth by responding in meaningful ways. From a friendly ear, to sharing a meal, to going out of my comfort zone and doing what you call. Healing comes when the heart is touched by Your love. Help me to show Your love each and every day. May it be so.

**Noon text:** Help me to find the words and deeds to provide comfort to those in my path. Sometimes it's listening. Sometimes it's action. Guide me to share Your love.

**Evening Text:** God, regardless of my ways, Your love is still gently prodding and guiding me. With such loving grace and patience from You, I can rest assured of being loved.

## **Thursday March 28**

*Scripture: Mark 1:40-42 A man with leprosy came and knelt in front of Jesus, begging to be healed. "If you are willing, you can heal me and make me clean," he said. Moved with compassion, Jesus reached out and touched him. "I am willing," he said. "Be healed!" Instantly the leprosy disappeared, and the man was healed.*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, today I am going to meet a lot of people who unlike the man in today's story don't have the appearance of needing any help. Yet I am rather certain that on the inside they are hurting in one way or another. Like Jesus I want to be willing to reach out and touch those persons who are troubled by anxiety, fears, loneliness or rejection. Those things are not so obvious to the eye but I know in my heart they are real. Help me to be willing to serve them with a touch of Your healing presence through my extended hands. May it be so.

**Noon Text:** Everyone you meet today is carrying a burden of some kind. Your presence through a meaningful touch or a compassionate word can offer them hope.

**Evening Text:** God, as I prepare for rest I know that You are holding me with an unconditional love. Thank you for loving me without limits. In that love I rest.

### **Friday March 29**

*Scripture: Luke 18:15 One day some parents brought their little children to Jesus so he could touch and bless them.*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, children can teach us so much about meaningful touch. In their openness and innocence, ultimately they find reassurance, security and safety in the touch of a trusted family member or friend. It seems that as I grow older, I become more guarded, less trusting and less open with my "personal space", both in receiving and offering touch. Help me to remember that meaningful touch can be as simple as a gentle word to a child, a helping hand extended to a stranger or arms wrapped around a friend in a comforting hug. Help me to model the actions of Jesus in offering blessings. May it be so.

**Noon Text:** Are you staying aware of the opportunities to extend meaningful touch to family, a friend, a co-worker or even a stranger. It will bless you and them.

**Evening Text:** God, thank you for the courage to both give and receive meaningful touch this week. Now I am grateful to sink into sleep secure in Your comforting embrace.

### **Saturday March 30**

*Scripture: Luke 13:10-13 One Sabbath day as Jesus was teaching in a synagogue, he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. When Jesus saw her, he called her over and said, "Dear woman, you are healed of your sickness!" Then he touched her, and instantly she could stand straight. How she praised God!*

Prayer for an opportunity to serve today: **God, help me to serve today by offering a meaningful and healing touch to someone who is feeling alone or afraid.**

**Morning Prayer:** God, like the woman in today's scripture reading I am grateful for the power of healing touch. I confess that I don't give or ask for enough loving and meaningful touches. Touch can be a tricky thing and yet we are made to connect with our hands, our eyes, our ears and our gentle words of love and acceptance. May I be that kind of a person. Like the woman in the story, may I stand up. May I stand against inappropriate touch and stand tall for the kind of human connection that reminds me and others that we are one human family. All of us stand in need of meaningful, gentle and gracious touch. May it be so.

**Noon Text:** We are told that we benefit greatly by having eight meaningful touches a day. How many have you received? How many have you given? Meaningful touch is healing.

**Evening Text:** God, the week has been full of ups and downs. Yet as the day and week come to closure, I can rest assured that through it all You have held me. Thank you.