

Get in touch with God's mercy

Opening hymn:

As we sing this hymn together "He touched Me", let us pray in song the words "Jesus, You touched me and made me whole" <https://youtu.be/rNI07gsiLvA>

In the past months we have explored the beauty of our sense of hearing, taste and sight, Each of our senses has been carefully designed both for us to experience life in its fullest and also for us to be that divine reflection of love to those around us. Touch, is one of the most important of our divine -given senses.

Are we in the midst of a touch crisis?

The gospels are full of stories about Jesus reaching out and touching people, especially those whom others backed away from. His touch was healing, restorative. Each of us must surely have felt His touch in our lives, bringing us hope, love and healing.



"In all truth I tell you, whoever believes in me will perform the same works as I do myself, and will perform even greater works, because I am going to the Father."

[John, 14](#) - 7-14

Physical contact seems to be declining in modern life. But what happens when we lack human touch? Even babies from the moment of birth benefit from the nurturing power of touch. The Covid pandemic became a time of even greater distancing. We were told to keep a distance from each other and refrain from even touching our own faces. How has this impacted human relationships?

- *Share some struggles when you felt cut off and detached from community and church during the Pandemic*
- *Share how someone reached out to help you and how it made you feel.*

Touch others to the glory of God!

Physical touch and Emotional or Spiritual touch

- A gentle hug or a friendly pat shows your love
 - You can also "touch" others through kind words and gestures.
 - Acts of compassion
 - Timely help
- These all go a long way in helping my neighbour feel God's touch through me.*

➤ **Why touch?**

1. A touch is personal.
2. A touch is powerful.
3. A touch is proof/witnessing. (Think of Jesus allowing Thomas to put his finger in His wounds to prove it was Him in the person.)

Touch reaches beyond words-

1. Don't just pray, **act**.
2. Don't just talk about how bad off a person is, **help** them.
3. Accept people as they are and **show** them Jesus, the One who can change them.

Gentle reminder: what we are not encountering from the comfort of our own rooms are our actual brothers and sisters in Christ, real people. We know "about" groups of people we have never met and are not likely to ever meet, but do we really know the people living next to us, who live around and among us?

Discussion Question; How can we move out to reach those in the fringes of our neighbourhood?

Give 3 suggestions to move out and reach families around you- make an action plan to carry out these plans.



This clip shows us how sometimes words are not even necessary- just our willingness to reach out and touch and help others. <https://youtu.be/c3HQfE6xyTI>

Closing prayer

PRAYER FOR THE SYNOD – AD SUMUS SANCTE SPIRITUS

We stand before You Holy Spirit, as we gather together in Your name,
With You alone to guide us, make Yourself at home in our hearts;
Teach us the way we must go and how we are to pursue it.
We are weak and sinful; Do not let us promote disorder
Do not let ignorance lead us down the wrong path
Nor partiality influence our actions.
Let us find in You our unity so that we may journey together to eternal life
And not stray from the way of truth and what is right
All this we ask of You who are at work in every place and time,
in the communion of the Father and the Son Forever and ever **AMEN**