



A HEALING TOUCH

Self-care Study 1

BACKGROUND

In ancient times, society shunned people with skin diseases, automatically considering them contagious and “unclean.”

- How do your friends and family show they care about you?
- What is one way a friend showed you that they care during this past week?

MARK 1:40–42: A HEALING TOUCH

A leper came to him begging him, and kneeling he said to him, “If you choose, you can make me clean.” Moved with pity, Jesus stretched out his hand and touched him, and said to him, “I do choose. Be made clean!” Immediately the leprosy left him, and he was made clean.

REFLECTION

- Describe the man’s physical, relational, and spiritual needs.
- What do you like about Jesus’ reaction to the man?
- Picture yourself as the man with leprosy. How would you feel as Jesus spoke to you and touched you?
- Describe how you think this interaction changed this man’s life.

LIFE APPLICATION

- How would you feel about touching someone else who had leprosy?
- If you could have God heal one part of your body, what would it be? Why? Just as the man asked Jesus for healing, would you like to ask Jesus for something today?

SPIRITUAL PRACTICE

Sit in a comfortable position, and breathe slowly. Scan your body from the top of your head to your toes. Where do you feel any tightness or pain? As you name that place, say, “Welcome, Jesus, welcome,” and let any tension go. Breathe deeply. Release. Then think of any issues in your life that you would like to share with Jesus. Name the issues and say, “Welcome, Jesus, welcome.”

* Taken from ‘Spiritual Disciplines Handbook’ by Adele Ahlberg Calhoun