

# *Heart to Heart*

Devotional Thoughts for Women

November 2017

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## **Reach Out and Touch Someone**

Touch is a powerful sense. As humans, it is something built into us by our Creator that we not only desperately crave, but definitely need. Physical touch has the power to calm and soothe, ease pain, diminish depression, and express affection and love. It is so powerful that some research has shown that babies who are not held, nuzzled or hugged long enough will eventually stop growing. If the situation remains unchanged, it can even lead to the infant's death.

The poet John Keats said, *Touch has a memory*. I can still remember how it felt when my babies started learning to kiss mommy on the cheek. I remember the feeling of my father tickling me when I was a little girl. I remember the hugs of dear friends during some of the most trying times of my life, and I remember the sweetness of the first kiss my husband ever gave me. Jesus knew just how important it was to touch someone whether they were afraid, needed help or encouragement, or especially if they had not been touched for a very long time.

Consider the miracle of Jesus healing the man with leprosy which we read about in Matthew 8:1-4. The leprous man asked Jesus to make him clean if he was willing. This man was an outcast from society due to his disease. He spent long, lonely days far away from the feel of another human being's hands. How long had it been since he had been touched? Jesus knew how long, and as he spoke the words, "*I am willing, be clean*", he reached out and touched the man. (Matthew 8:3) Can you just imagine what it must have felt like for that man to experience the blessing of human touch once again?

Consider the occasion recorded in scripture when the disciples were out in a boat on the Sea of Galilee as a wild storm raged about them in the night. As they looked out over the water, Jesus approached them, walking on the waves. Peter wanted to come to him on the water, and Jesus bid him to come, so out of the boat stepped Peter. As he walked toward Jesus on the water, he lost his focus. He took his eyes off of his Lord and looked instead at the crashing waves about him. Fear filled his heart, faith began to waver, and Peter began to sink. He cried out to Jesus, "*Lord, save me!*" Immediately, Jesus reached out his hand to grasp the hand of Peter. (Matthew 14:30-31) He could have just spoken the word and Peter would have been saved from drowning, but Jesus took his hand and lifted him up from the stormy sea. He reached out to calm a man full of fear through touch.

Consider another time when Jesus used his hands to gently wash the dirty feet of his disciples. (John 13:3-5) In the final days of his life on earth, he was teaching the disciples what it means to be a servant through his tender touch. Every time the disciples washed their own feet throughout the rest of their lives, I wonder if the memory of Jesus' touch came back to them and if it reminded and motivated them to serve others as he had so lovingly served them. I believe it probably did.

There are numerous other occasions when Jesus reached out his hand and touched someone. I encourage you to do a study of every instance and note how much love, compassion, and encouragement Jesus demonstrated through the sense of touch. It is important that one of the ways we follow in the footsteps of Jesus is to demonstrate his love to others through reaching out and touching them. There are lonely people in nursing homes. There are sick and shut-in members. There are hurting individuals. There are precious little ones. There are dear family members and spouses...and the list goes on and on. Who can you reach out to and touch today?

~Heather Pryor

**Ladies Bible Class & Breakfast** – Mark your calendars for **November 18<sup>th</sup>**. We will continue our study of the book of Hebrews. Don't forget to read that entire book of the Bible, if you haven't already.

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### ***Holiday Bazaar***

Don't forget the Ladies Holiday Bazaar on **November 18<sup>th</sup>**! Tables may be set up in the Annex at 11:00 a.m. and shopping will take place from 11:30 a.m. - 1:00 p.m.

Enjoy wassail and holiday music as you browse the homemade items. Let's support each other and take advantage of the opportunity to purchase some unique gifts made with love.

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### **Search the Scriptures**

#### **“The Hand of God”**

1. Psalm 145:16 – What does God open up His hand and do?

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2. Psalm 138:7 – What will the right hand of God do? \_\_\_\_\_

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3. Jeremiah 1:9 – What did God's hand reach out and touch? \_\_\_\_\_

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#### **Answers to last month's quiz**

1. “How can a young man keep his way pure? By taking heed according to Your word.” (Psalm 119:9)
2. “Above all else, guard your heart, for everything you do flows from it.”(Prov. 4:23)
3. “Create in me a clean heart, O God, and renew a steadfast spirit within me.”(Psalm 51:10)

# RECIPE CORNER

*"She...provides food for her household." ~Prov. 31:15*

While waiting for your Thanksgiving turkey to cook, take the edge off your hunger with this yummy appetizer.

## FRUIT SALSA

- 2 kiwi, chopped fine
- 1 lb. strawberries, chopped fine
- 2 sweet apples, peeled, cored and chopped fine
- 1 T. brown sugar
- 1 T. sugar
- 2 T. fruit preserves, any flavor (Apricot works well)

Chop fruit and mix together in medium bowl. In a small bowl, combine brown sugar, sugar and fruit preserves. Pour over fruit and stir. Chill and serve with cinnamon graham crackers.

Leftover turkey? No, problem! Just cook up a pot of comfort food with this soup.

## TURKEY VEGETABLE SOUP

- 1 pound cooked turkey, shredded
- 1 cup sliced carrots
- 2 cups sliced mushrooms, fresh
- 8 cups cooked summer squash (zucchini, yellow squash)
- 3 stalks celery, chopped
- 1 cup chopped onion
- 1 T. parsley
- 1 (26 oz.) box chicken stock
- 1 cube chicken bouillon
- pepper to taste

In a large pot, combine chicken, chicken stock, bouillon cube and vegetables. Bring to a slow boil and cook until all vegetables are tender.