

Heal Me, Hands of Jesus words: Michael Perry; music: Norman L Warren
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Heal me, hands of Jesus, and search out all my pain;
restore my hope, remove my fear, and bring me peace again.

Cleanse me, blood of Jesus, take the bitterness away;
let me forgive as one forgiven and bring me peace today.

Know me, mind of Jesus, and show me all my sin;
dispel the memories of guilt and bring me peace within.

Fill me, joy of Jesus; anxiety shall cease,
and heaven's serenity be mine, for Jesus brings me peace.

Heal me, hands of Jesus, and search out all my pain;
restore my hope, remove my fear, and bring me peace again.

Matthew 4:23-24 *“Jesus traveled through Galilee teaching in the Jewish synagogues, everywhere preaching the good news about the Kingdom of Heaven. And he healed every kind of sickness and disease. The report of his miracles spread far beyond the borders of Galilee so that the sick folk were soon coming to be healed from as far away as Syria. And whatever their illness and pain, or if they were possessed by demons, or were insane, or paralyzed – he healed them all.”* The Living Bible¹

Romans 15:13 *“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”* English Standard Version²

If we are asking Jesus to heal us, why do you think we need to ask Jesus to remove our fear? Find *all* our pain? Could adding those steps help you ask Jesus to heal you? Why? Help with the healing? How?

For you, how could restored hope be connected to your peace? Can you imagine Jesus placing His hands on you – your shoulders, arm, hands, back – in order to heal you? Describe how that might feel. Open yourself to Jesus' healing power, even if it takes time or feels difficult.

Cleanse me, blood of Jesus, take the bitterness away;
let me forgive as one forgiven and bring me peace today.

John 1:8-9 *“If we say that we have no sin, we are only fooling ourselves and refusing to accept the truth. But if we confess our sin to him, he can be depended on to forgive us and cleanse us*

from every wrong. And it is perfectly proper for God to do this for us because Christ died to wash away our sins.” The Living Bible¹

Why do you think we need to be cleansed of our bitterness? How can holding onto our bitterness interfere with our healing? With forgiveness? With our peace? Have you accepted the forgiveness Jesus offers to each of us? How does this make you feel? Can you open your hands to release any bitterness you hold, toward others or yourself, so that you can be more open to receive Jesus' forgiveness? If forgiveness – of yourself, of others – is something you struggle with *please* reach out to a pastor, a counselor or a therapist for help with this. You do not need to work through this alone!

Know me, mind of Jesus, and show me all my sin;
dispel the memories of guilt and bring me peace within.

John 10:14-15 *“I am the good shepherd. As the Father knows me and I know the Father, in the same way I know my sheep and they know me. And I am willing to die for them.”*

Good News Translation³

Romans 8:30 *“And having chosen us, he called us to come to him; and when we came, he declared us ‘not guilty,’ filled us with Christ’s goodness, gave us right standing with himself, and promised us his glory.”* The Living Bible¹

Acts 3:19 *“So now you need to rethink everything and turn to God so your sins will be forgiven and a new day can dawn, days of refreshing times flowing from the Lord.”*

The Voice Translation⁴

Jesus tells us He is the Good Shepherd and knows His sheep – us? Why is this important? How does being known by Jesus make you feel? If Jesus knows us and loves us as we are, can we release the memories of our mistakes, memories that might interfere with accepting Jesus' forgiveness?

Paul reminded the Romans – and us – that when we come to Jesus we are declared “not guilty” and filled with “Christ’s goodness.” Those are the “refreshing times flowing from the Lord” we are told of in Acts. What might a “new day” look like in your life? A day free to live in the love of your “good shepherd,” filled with Christ’s goodness?

Fill me, joy of Jesus; anxiety shall cease,
and heaven's serenity be mine, for Jesus brings me peace.

Ephesians 2:14a *"For Christ himself is our way of peace."* The Living Bible¹

John 14:27 *"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid."* Good News Translation³

Philippians 4:7 *"If you do this, you will experience God's peace, which is more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus."* The Living Bible¹

In his letter to the Philippians, Paul reminds us all that God's peace is *"more wonderful than the human mind can understand."* Do you think this is because we try to place human limits on God? The mystery of a God we can't define and contain in a box of our understanding can be hard to accept. Perhaps that's why Jesus tells us His peace is not like the world's peace, so we can prepare ourselves to look at Jesus' gift of peace outside the box of our perception. How does that make you feel? Why?

Then Jesus tells us not to be worried, upset or afraid. Why do you think Jesus wants us to release those things? Is that something you can do? What does/might that look like in your life?

"By entering through faith into what God has always wanted to do for us – set us right with him, make us fit for him – we have it all together with God because of our Master Jesus. And that's not all: we throw open our doors to God and discover at the same moment that he has already thrown open his door to us. We find ourselves standing where we always hoped we might stand – out in the wide open spaces of God's grace and glory, standing tall and shouting our praise."

Romans 5:1-2 The Message⁵

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