

HANDS

There is a lot of focus on hands at the moment...At our postponed Messy Church on Sunday past we were going to be thinking about the story of the Good Samaritan, a man who stopped and helped a stranger. Each of us was going to cut out a hand shape and bring them together in a heart, committing ourselves to using our hands to help others. Being Good Samaritans and helpful neighbours is so important at this time.

Whatsmore, keeping our hands clean is key in trying to stop the spread of coronavirus. The Christian writer Brian Draper has suggested we use our hand-washing time to focus on 3 things.

1. **"Wash us clean."** - *We remember the words of Psalm 51, "Wash me, and I will be whiter than snow... Create in me a clean heart, O God, and renew a steadfast spirit within me."*
2. **"We are in your hands."** - *We are in God's hands, whatever our circumstances, today. "The life of every living thing is in [Your] hand," Job said (Job 12). Commit yourself afresh to God.*
3. **"Help us be your hands."** - *As Teresa of Avila once wrote, "Christ has no body now on earth but yours, no hands, no feet... but yours."*

