

*“Shackled by a heavy burden, beneath a load of guilt and shame; Then the hand of Jesus touched me, and now I am no longer the same” (“He Touched Me”)*

Infirmity, whether physical, emotional, or spiritual, can befall us for a variety of reasons and God can use it for some purpose that we do not understand. As we journey through life, there are ups and downs. When we are knocked down, we need a pick-me-up. No matter what way you are knocked down, Jesus is there to pick you up. Especially when we are ill, we need Jesus to pick us up.

Today’s gospel clearly shows how us who Jesus truly is. The disciples reported to Jesus: “everyone is looking for you”. Everybody needed Jesus for healing and wholeness, because they knew he can make a difference. He proves himself as “son of God” by bringing healing to Peter’s mother-in-law. She immediately started serving Him.

Friends, today Jesus is inviting and challenging us to walk by faith, and not by sight, even when we do not understand. He is calling us to believe in him when we are searching for and trying to find answers to our questions.

Often, our sickness is not just physical, but we are wounded emotionally and psychologically. We can be knocked down by the hurts, others inflict on us and by what they say or do to us. Names, words, attitudes also hurt. Our faith should assure us that no disease exists that Jesus can’t heal. Jesus cares about you more than anyone else and does not want you to remain wounded and hurt. He wants you well, and at peace to enjoy life. We need to go to Jesus in faith, reach out and touch him. Let him take you by the hand and raise you up.

St. Irenaeus said; *“man fully alive is the glory of God”*. Health and wholeness are Gifts from God, gifts of faith. God want us to be healthy, holy and happy. We need to accept God’s call to health, wholeness and holiness. Let us have faith in the healing power of Jesus and allow Jesus to take us by the hand and lift us up.