*Touching Jesus in A Healing Meditation*

Scripture Reading – The Paralytic Healed

Read and enter into the Gospel story and healing meditation below with the **goal of stepping into a living encounter with Jesus**, where one experiences His compassionate touch of revelation, wisdom and miracle-working power. We are using larger print to make this easier reading.

One day Jesus was teaching; and there were *some* Pharisees and teachers of the law sitting *there,* who had come from every village of Galilee and Judea and *from* Jerusalem; and the power of the Lord was--to heal . (Lk. 5:17)

And *some* men *were* carrying on a bed a man who was paralyzed; and they were trying to bring him in and to set him down in front of Him. (Lk. 5:18)

But not finding any *way* to bring him in because of the crowd, they went up on the roof and let him down through the tiles with his stretcher, into the middle *of the crowd,* in front of Jesus. (Lk. 5:19)

Seeing their faith, He said, "Friend, your sins are forgiven you." The scribes and the Pharisees began to reason, saying, "Who is this *man* who speaks blasphemies? Who can forgive sins, but God alone?" (Lk. 5:20,21)

But Jesus, aware of their reasonings, answered and said to them, "Why are you reasoning in your hearts? Which is easier, to say, 'Your sins have been forgiven you,' or to say, 'Get up and walk'? (Lk. 5:22,23)

"But, so that you may know that the Son of Man has authority on earth to forgive sins," He said to the paralytic "I say to you, get up, and pick up your stretcher and go home." (Lk. 5:24)

Immediately he got up before them, and picked up what he had been lying on, and went home glorifying God. They were all struck with astonishment and *began* glorifying God; and they were filled with fear, saying, "We have seen remarkable things today." (Lk. 5:25,26)

## “A Healing Meditation” - The Paralytic Healed

**Goal:** You experience a healing touch from Jesus

* **Heart’s desire** – Jesus, I wish to touch the hem of Your garment so that I WILL be healed. Jesus, I come as a child so I will keep this fun and playful. I know a picture is worth 1000 words so I choose to “enter in” and see this story.
* **Mouth’s confession** - Since life and death are in the power of my words, and I want you, the listener, to live and enter into this story, I will have you repeat sentences aloud after me.
* Sections to be spoken aloud are notated by **“S”** followed by italics.

**Opening Prayer:** Holy Spirit, I desire to encounter Jesus right now and experience His healing touch and embrace. Jesus, because You are alive today, the deaf will hear and the lame will walk. Your angels encircle me right now with healing in their wings. Your healing love is embracing me now. The Holy Spirit is streaming life into my body right now (Rom. 8:11). Thank You, Lord.

***I hear a commotion. It’s Jesus. He is in town***! And He is causing quite a stir among the people. He always does. The kids are laughing and dancing around Him as He walks down the street. They just love Him. He is such a kid Himself. Just enjoying life to the max. Always laughing. Always having fun. So different from most of the religious leaders I have ever met. There are shouts of joy and laughter as people rush out to meet Him. He has come to my home town!

Every place He went, He would teach and preach the good news about the Kingdom of God. He said God’s kingdom is constantly increasing in size and crashing in on the works of darkness, demolishing them (Isa. 9:7).

After preaching about God’s growing kingdom, Jesus would heal every sickness and every disease among the people (Matt. 9:35) and say, “the Kingdom of God IS HERE!” Divine light, driving away demonic darkness.

Jesus of Nazareth, sent by God and anointed with the Holy Spirit and with power. Jesus traveled about doing good and healing all who were oppressed by the devil, for God was with Him. (Acts 10:38)

Whenever Jesus was with people, **everything changed!** He pardoned all their sins and He healed every single disease. Nothing was too big for Jesus to handle, for God was with Him. Jesus removed any chastisements which we deserved from God. All that is left is pure, un-adulterated love, grace and mercy from Almighty God toward me.

(s) *Well, I am sick. I am infirm, and I have sins. I need His touch*. It was told that anyone who received a touch from Him was healed, released and forgiven. EVERYONE, without exception, was welcome and swept up by His wonderful compassion. All they needed was to get into His presence and receive His compassion and undeserved favor.

Wherever He entered villages, or cities, or countryside, they were laying the sick in the market places, and imploring Him that they might just touch the fringe of His cloak; and as many as **touched** it were being made whole. (Mk. 6:56)

(s) *Jesus, I want to get into Your presence. I need to get into Your presence. I want Your touch.* But I don’t know how that could happen. My infirmity has me so down, I could not possibly get to You. Jesus? You seem so far away from me. What will I do? Lord, I am so depressed and so alone.

But wait; there is a noise at my home. Some of my friends have come to help me. They have a stretcher. They are going to carry me to Jesus, into His presence, so I can be touched by Him and experience His healing power pulsate through my body, making me whole again!

(s) *Oh Lord, thank You for friends*! Thank You for friends who carry me when I am too drained and too weak to carry myself into the presence of my healing Lord. Thank You, Lord.

Now we have arrived at the house where Jesus is. But the house is jam packed with people. They even spill over, outside the home. What else would I have expected? Everyone wants to be near Him, even the scribes and the Pharisees. EVERYONE!

But my friends are not deterred. They are crazy. They tried a window but couldn’t squeeze my cot through it. So they begin hoisting me up to the roof of the house that Jesus is in. Oh my, what are they going to do? They determine from the sound of Jesus’ voice exactly where He is in the house, and they begin tearing the roof tiles off! They will not be dissuaded! They are determined.

(s) *I will meet Jesus!* They are going to carry me ALL the way into the presence of the Lord no matter what it takes. They are true friends. (s) *I am truly loved.* Oh Lord, I am loved. They have prayed FOR ME!

Oh no. There are pieces of roofing falling right in front of Jesus as they are lowering me down from the roof, and the crowd is moving back. It’s mostly the children moving back, because they are the ones sitting on the floor right in front of Jesus. And one piece actually falls on Jesus’ lap. Ouch! Is He going to be mad and disturbed because we have interrupted Him? I glance down to see, and He is looking up at me with the biggest smile on His face I have ever seen. He appears SO HAPPY to see me…

(s) Jesus is *HAPPY to see me… Jesus is happy to see ME!* It is like the reason Jesus is here is to draw near to the broken and downcast and to lift them up. Well, today I qualify. I am broken and downcast. (s) *I need Jesus to draw near to me. To touch me, to lift me up. So Lord, I come. Here I come, landing right in front of You. Right in Your presence. Oh my. I am in the presence of Jesus!*

There He sits with a big smile on His face. Warmth and love flowing from every pore of His being. I have never seen a person so happy, so content, so full of life and love. Jesus’ eyes are sparkling with excitement, because He knows what is about to happen. He knows that He will reach out His hand in just a moment and touch me and the healing, compassionate love and power of Almighty God will flow through Him into my body, completely restoring me from the inside out. For no sickness or infirmity can withstand the power of His touch! His light, His life, His joy will permeate every nook and cranny of my being and all darkness will leave. Emotional darkness, physical darkness, the darkness of sin and of evil spirits. (s) *All darkness will flee in the light of His glory! All darkness will flee in the light of His glory. All darkness will simply evaporate.*

As I was being lowered down, I heard the scribes and Pharisees arguing with Jesus. They were so self-righteous and proud and know-it-all. I have been like that sometimes, but not today. Today I want a touch. A healing touch from the Master’s hand. A touch of His compassionate love. I just want to be bathed in His presence. Let His streams of living water wash over me and cleanse me of all that I am. My pride, my judgmentalism. My unforgiveness. My anger. My sickness. I just want it all washed away. Lord, today. (s) *Just let Your waves of compassion wash over me today, and cleanse me from the inside out.*

*I repent of my Phariseeism, where I would stand in judgment against things I didn’t understand. I don’t understand why I have this infirmity. Why did it have to happen to me? What did I do to deserve this? Why didn’t You take it away when I called on You to? I begged You! I cried out to You. Where were You? Why weren’t You there? Why didn’t You hear? I got so angry at You! I was angry with myself too - that I even allowed this to happen in the first place. I could have taken more precautions. I could have loved more. I could have been more careful in everything I did and everything I ate and in… well… the list just goes on and on.*

And Lord, if I am going to be healthy and deserve Your healing touch based on my righteousness, then there is no hope. Because I know that I am a sinner. The law showed me that. It showed me that I could not keep it, try as hard as I could. And then You deepened the law and said it is not just about my outer sins, it is about the attitudes of my heart. The iniquities within my own heart. Whatever is not of faith is sin. Without faith it is impossible to please God. Well, I have experienced so much fear, so much lust, so much anger. Lord, I need Your cleansing. I need Your blood to wash over me. I need Your garment of righteousness to cover me, because the best of my works are simply filthy rags in Your sight.

I am so glad that all the commandments and laws which I was unable to keep no matter how hard I tried were all nailed to the cross and removed, and I no longer live according to the law. Now I live by Your Spirit, soaking up Your underserved grace. Your sacrifice on Calvary canceled out the chastenings that are due me. Thank You, Lord, for Your grace!

(s) *Lord, can You meet me? I come to You.*

Yes, My child, I am here. I am here to meet your needs. I hear your cry. I see that you have abandoned your own righteousness and thrown yourself on the altar of My forgiveness. You no longer stand, saying, “I am so glad I am not like other men.” You now say, “Lord, save me, I am a sinner.” And those are whom I have come for – sinners, who I will save through grace, not of themselves. It is a gift of grace, so no one can boast.

I will take your sins and bear them Myself. They will be nailed to a cross. My blood will be shed and ALL your sins will be washed away. As a matter of fact, they are now. Because right now, you are in My presence, and in My presence, My kingdom comes, so I say to you, “Your sins are forgiven. Your sins are forgiven. Your sins are forgiven.” (s) Lay your hands on your heart and say – My sins are forgiven… thank You, Lord! I am washed. I am cleansed. I stand clean before Christ.

(s) *Lord, I receive YOUR robe of righteousness. I see myself decked out in Your sparkling robe of white, just like a bride on her wedding day. She wears a beautiful garment of white, and she looks so breath-taking, and pure and clean. Lord, TODAY, so do I. You are putting on me a robe of pure, spotless, sparkling white – Your righteousness, which YOU purchased for me. Lord, I receive it. I receive Your righteousness. Remove all my judgementalism, my Phariseeism, my anger and my self-righteousness. I stand complete in YOU! Lord, my eyes are totally on YOU. On what YOU have done, when You died on Calvary, and You took my sins and my iniquities and my angers and fears, and failures, and wickedness. YOU took it ALL. You washed it all away. Lord, I receive. I receive. I receive. I receive.*

*You even took the chastisement I deserve. I release all chastisement I deserve to You. I release my guilt to You. I surrender totally and completely before Your presence. Whatever You want to say and do will be fine with Me. I trust You completely. I trust You completely. I surrender completely to You NOW, Lord. I am found in YOU. All of You.*

*I forgive myself for all my weaknesses and shortcomings. I forgive the Pharisees standing around for their judgementalism. They just have not yet seen the light. I forgive You, God, for allowing this infirmity in my life in the first place and for remaining so quiet as I cried out to You day after day, and I did not receive Your answer. What I know now is that I need to get into Your immediate presence. I need to experience Your waves of compassion washing over me. For Your healing power rides on the waves of Your compassion. So Lord, I draw NEAR now. To experience Your waves of compassion. I just want them to roll over me. One after another. I am here. My hands are outstretched. My heart is open. Just sweep over me with wave after wave after wave after wave…*

What is this grumbling in the background that I hear? Sounds like some of my own thoughts. “Yeah, but who can really forgive sin? You are still responsible for your sins. You are still the one who messed up. This isn’t really God’s healing presence I am in. This is just another man. Not really God. Nothing has really happened.”

(s) *Lord, help my unbelief. I do believe; help my unbelief.*

Child, OK, I am here to help. Because not only have I removed all your sin and judgementalism and fear and anger and … whatever else was necessary, BUT, when I went to the cross for you, I also bore your sicknesses. I allowed My body to be whipped, and by these stripes, you have been healed. My body was destroyed, so that yours could be made whole. I did this for you. I did it in Joy, because I loved you so much, and I wanted so much for you to walk in My peace, My blessing and My prosperity, and that included the gift of divine health.

So today, I offer you not just complete forgiveness of ALL your sins, all your guilt, all your anger, all your fears, all your judgmentalism, and all your inadequacies, but I am also reaching out My hand and extending to you My compassionate healing touch, so that your body may be completely healed.

So let Me touch you right now.

*(s) Yes, Lord, I receive Your touch. You may touch me with Your healing power and Your compassion. My heart is wide open. My arms are outstretched, my faith is enlarged. Touch me now and let Your healing power transform every cell of my being. Lord, I am ready. I am ready. I am expectant.*

Jesus reaches out His hand and touches me and as He does I can feel His fingers touch my body, and His divine energy and incredible compassion are both felt in the touch. I just feel loved. I feel compassion and mercy and love flowing into me through the touch of His fingers. And energy. Wow! Powerful, amazing energy, is pulsating through my body.

I see intense light penetrating the area that is infirm, transforming it, driving out demons and darkness, normalizing the cells, restoring them to balance. I feel hot, I feel tingly, I feel overcome.

(s) *God is touching ME. God is touching ME! God is touching ME! Compassion is flowing. Compassion is flowing. Compassion is flowing. Healing power is flowing. Healing power is flowing. Healing power is flowing. Healing power is flowing. I bask in this touch. I bask in this touch. I bask in this touch. Oh Lord, it is SO GOOD! SO GOOD! SO GOOD! SO GOOD! Thank You! Thank You. Thank You that You love me! Thank You that You have taken ALL my sins and ALL my weakness, and ALL my sickness and ALL my sorrows, and exchanged them with Your righteousness, Your joy, Your laughter, Your healing, Your life, Your light. You are changing me from the inside out. From the core of my being, out. You ARE changing me as I stand here in Your ocean of love, experiencing wave after wave of Your compassionate touch. You are changing me.*

Lord, I stand here in Your presence, in Your ocean of love experiencing waves of Your compassionate presence and touch. I stand, simply worshipping, simply saying Your name over and over and over. Jesus, Jesus, Jesus, there’s just something about that name.

(s) *Jesus says: Stand up, take up your bed, and walk. Do what you could not do before.*

*I step out. I stand. I speak healing to my spirit. I speak healing to my soul. I speak healing to my body. Be healed now, in Jesus’ name! Receive the Master’s touch. Be transformed. Darkness, be gone! Sin, be gone! Demons, be gone in Jesus’ name! There is no place for you. I come out of agreement with you. I no longer want you. Leave now, in Jesus’ name.*

*I am in the Master’s presence. His light floods my being. His peace floods my being. His energy pulsates through my body, calling all cells back to their perfect function, and into perfect alignment, and into full restoration and operating order. All cells come back into full alignment, full health and full operating order. Now! Jesus, Your light is flooding through me. Wave after wave of divine light. Healing energy. Oh Lord.*

Wow! All I have to do is smile, and relax and celebrate as Your healing compassion and power pulsates through every cell of my being. I relax. I choose to relax and absorb Your healing rays. I celebrate. I put a big smile on my face. It is happening! It is happening! It is happening.

(s) *Healing is mine! Healing is mine! Healing in mine! Thank You, Jesus, for Your touch. It is so warm, so healing. It is like a lightning bolt which pulsates through every cell of my being, vibrating and adjusting and calling them all into alignment. This lightning bolt is bringing everything back into alignment. It is healing all. It is restoring. It is life. I receive. I receive. I receive.*

*I speak to my body. Be healed. Cells, be restored to your normal natural function, in Jesus’ name. Function normally, in Jesus’ name. Cells, function normally, in Jesus’ name.*

Jesus speaks again saying, “Ok, now stand up. Test it out and see what you can now do with your new body. For as you step out in faith, believing you can, you can. Peter stepped out on the water, and sure enough, he could, as long as his eyes were on Me, and his faith rested in ME. So look at Me as you step out now. Go ahead. And you will watch the miracle unfold. As you walk thanking Me for the healing, you will be healed. As the lepers followed My instructions and went to show themselves to the High Priest, THEY WERE HEALED. So begin walking. Begin thanking. Do it now.”

**Now let’s listen to the voice of Jesus within.** His words generally come as spontaneous thoughts which simply appear. Listen to Jesus. Do what He tells you to do. Follow them. If He wants you to purify your heart or repent of hardness of heart or sin or lack of faith, DO IT! Do what He asks you to do.

Now, step out and do what you could not do… keep your eyes on Jesus. Keep a smile on your face… keep thanking Him… Keep laughing, for it is HIS POWER at work, and a merry heart sure does do good like medicine. So keep laughing. Keep thanking. Keep following His leading as He speaks from within using flowing thoughts, flowing pictures, and flowing energy. Keep focused on these things, on His flow within you, smiling and laughing the whole way. It’s Him doing the work. You are just along for the ride. Have fun. Make it a fun ride. Be one of those thousands Jesus healed.

Of course you’re included. Of course Jesus wants to heal you.