

A Guided Scripture Meditation on Power Given and Received

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The story of Jesus healing the bleeding woman in Luke (8:42b-48) is a rich and moving account of the healing power of a deep encounter with Jesus. The following reflection invites you to meditate on this story, imagining it from the perspective of the woman Jesus heals.

Before you begin, take a few moments to bring your body and mind to stillness. Take a few deep breaths. Offer this time to God, and invite him to guide your thoughts and speak to your heart.

Now slowly read through the passage a few times, noticing anything that might stand out to you. Then return to this reflection.

As you read through the following prompts, stop to ponder and sit with the questions, especially any that particularly speak to you. You may want to jot down some of your thoughts, feelings, or impressions as you go.

Imagine that you are the woman who comes to Jesus for healing. Imagine yourself approaching the crowd that surrounds Jesus. What do you see? What do you hear? What do you smell?

What emotions do you feel? What are you afraid of, hopeful for, nervous about? What sensations are you aware of in your body?

You begin to work your way through the crowd, and eventually you see Jesus. What do you feel as you catch sight of him?

Finally you've gotten close enough to touch Jesus, but you don't want to draw attention to yourself. So you stoop down, reaching out just to grab the bottom of his robe.

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What emotions do you feel as you bend down? What does Jesus' robe feel like in your hand? What does your body feel like as you sense it being healed?

Now you hear Jesus speak: "Who touched me?" he asks.

What do his words sound like to you? What is his tone of voice? What feelings do you feel as you hear his words?

As you realize that you won't be able to avoid talking to Jesus, you fall down at his feet. Eventually, you look up. What does Jesus' face look like as he looks at you? What emotions do you see in his eyes? What does it feel like to be seen by him?

You begin to speak to Jesus about why you touched his robe. What do you tell him? What stories about your life do you want him to know? What is he like as he listens to you? What is his demeanor, his body language like? How do you feel as you talk to him?

You hear Jesus speak these words to you: "Your faith has healed you. Go in peace."

How do you feel when you hear this? What emotions do you experience, what thoughts come to mind? How does your body feel? What do you want to do in response to what you've experienced and what Jesus has said to you? How do you feel toward Jesus now? Has this changed since you first approached him?

Gently draw your attention back to the present moment. Spend some time either talking with Jesus about what you've thought, felt, and experienced, or simply enjoy his presence with you.

After a few moments, bring your time of prayer to a close, thanking God for his presence with you and for anything he might have shown you or said to you. You may want to conclude with these ancient words of worship: Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.