

## Reach for Me

When I had surgery for cancer, there had been arm involvement with the loss of Lymph Nodes and the severing of the nerves. This became an issue after surgery with strength loss and discomfort. I had to give up bowling, at least until healing and strength returned. This was not a big deal as I was a dreadful bowler. My daughter filled in for me and the ball was grateful, and the team did not suffer but had a rise in averages. But I needed to regain the strength in that arm. To do this I had to do an exercise called "Climbing the Walls." This was a stretching out of the arm while you climbed the walls with your fingertips. It was painful. The Doctor was on me because I wasn't doing well with this exercise. My sense of humor did not help the situation. I asked him if I would be able to do laps in the pool and he said, "Yes, definitely." I said, "That's great because I can't swim." He laughed told me firmly to get out of his office and that my arm had better be improved by my next visit. He did not want me to lose the use of that arm. I tried but it hurt. Finally, one day I was reduced to tears and as I kept trying and praying that God would help me, I imagined Christ's hands reaching down and the words came to me, "Reach for me." I reached and stretched for those hands. I found it to be my answer. All this time I had been relying on my own strength when there was one with greater strength waiting for me to come to him for what I needed. I reached for those hands every day after that and gradually the pain subsided, and the muscles stopped resisting and I could do the stretch.

Ephesians 3:16-19 I pray that out of his glorious riches he may strengthen you with power through his spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you being rooted and established in love may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love which surpasses knowledge, that you may be filled to the measure of all the fullness of God.

Lord, we thank you for all the blessings that you have given us, for your healing power, for your constant and abiding love. Be with those who suffer, those who are ill, those who are grieving may they feel your comfort and love. Help us Lord to nurture one another, to answer the call of the needy, may we see the needs of our community and respond in ways that honor and serve you, may we be your hands and feet in this place, may we always, in all things, reach for you. Be with our Pastor, bless his Ministry, and be with his family. Grant them safe travels. Be with our Staff and Leaders, give them wisdom and guidance. We pray in the name of Jesus, Amen

Grace Epperson